



Facility Policies

It is strongly recommended that each individual have a medical examination and physician approval prior to engaging in any physical activity.

All participants must have signed and submitted a waiver of liability prior to participation.

Campus Recreation & Wellbeing Staff reserve the right to refuse service to any participant who violates any policy or engages in verbal or physical abuse.

The California State University Student Conduct Code governs expectations about student behaviors for users of the Student Recreation Center (SRC) and other Campus Recreation Facilities at CSUB. The code addresses University safety and security. Members are encouraged to contact Campus Recreation Staff to report individuals who may be in violation of these guidelines.

The following are to protect the rights of eligible users:

- Participants access all Campus Recreation & Wellbeing facilities by scanning a valid CSUB student ID card, valid faculty/staff ID card, or current Campus Recreation issued membership card or valid barcode at the entry turnstile.
- Any attempt to gain, or provide, unauthorized entry into Campus Recreation facilities may result in the restriction of privileges.
- All organized group activities must be scheduled in advance, using the campus reservation system (25Live).

The following are to maintain clean and hygienic facilities and equipment

- Food and beverage are not permitted in the facility other than the dedicated areas as follows: Lobby, tables/chairs around the Rock Wall perimeter, and second floor tables/chairs outside Wellness Suite.
- Re-sealable, plastic, personal water bottles are permitted throughout the facility.
- Only non-marking, closed-toe athletic footwear is allowed in activity areas. No bare feet allowed.
- No gum.
- Recommended attire: Participants should wear clean, athletic attire in all activity spaces. Shirts, tanks, or sport tops are required.
- Spray disinfectant, hand towels, and wipes are provided for users to wipe down upholstery and equipment before and after use.
- Pets are not allowed except for guide or service animals.

The following are to encourage an inclusive welcoming atmosphere

- The Student Recreation Center is intended for the recreation, fitness, and wellness needs of the general student body. Athletic team practices, coached workouts, or the perception of such are not permitted.
- All weights must be returned to proper storage after each use. Re-rack your weights!
- Refrain from the use of profanity and other language or behavior that may be considered disrespectful, offensive, or disruptive.
- Headphones/earbuds are required for audio devices.
- Participants may use phones to take pictures and videos in the SRC, except for locker rooms and restrooms. Media determined to be inappropriate, degrading, harassing, misused, or not authorized by the subjects captured is prohibited.
- The SRC may not be used for teaching/coaching/training for personal gain. Only Campus Recreation employees may provide personal training or coaching.
- Participants must abide by all posted and written rules as well as comply with policy requests made by staff members.
- Respect the limits of other users based on their personal preferences on how they would like to interact.

The following are to provide a safe and reduced-risk environment

- The Campus Recreation staff has authority in all decisions related to participant safety, potential facility or equipment damage, or non-compliance with facility guidelines or staff requests. This includes the authority to immediately modify, limit, or discontinue any activity.
- Campus Recreation staff will respond to all facility situations and initiate appropriate response to all participant injury situations. Campus Recreation staff members are certified in CPR/AED/First Aid. Injury response is coordinated in conjunction with University Police and Student Health Services.
- Injuries must be reported to a Campus Recreation staff member immediately.
- Weight clamps must always be used on barbells.
- Defective or inoperable equipment must be reported to a Campus Recreation staff member immediately.
- There is “Zero Tolerance” for individuals involved in physical or verbal altercations.
- Security cameras are in place to monitor access doors and activity areas.
- Individuals under the influence of drugs or alcohol will not be permitted to use Campus Recreation facilities.
- Bicycles, skates, skateboards, scooters, etc. are not allowed in Campus Recreation facilities, including the Recreation Field. Bike and board racks are available in front of the SRC to secure items.
- Activity areas must be clear of personal items. Backpacks and gear bags should be stored in lockers or cubbies.
- All informal recreation activities must be consistent with the designed purpose of each facility area.

Rock Wall Policies

To increase safety

- An additional policy agreement must be reviewed and signed before utilizing the Rock Wall.
- An orientation must be completed with Rock staff before climbing or bouldering for the first time.
- Rock staff must be present during all climbing and bouldering.
- Use only figure-8 follow through knots to tie on to ropes.
- Use only SRC Belay devices – no personal belay devices.
- Use only SRC locking “D” carabineers to connect the belay device to the belayers – no personal carabineers.
- All personal harnesses must be approved by the SRC Rock staff prior to use.
- Rock staff must check off climbers prior to each individual climb.
- Helmets are recommended.
- Wear only climbing shoes.
- Remove jewelry.

As a courtesy to others

- Use only SRC issued chalk

FitFloor and FitLoft Policies

To increase safety

- Use collars on all free weight bars.
- Utilize spotters for all heavy lifting exercises.
- Control both lift and recovery in a smooth, natural motion.
- Use equipment only for its intended purpose.
- Do not interfere or distract other individuals during their workout.

To protect the equipment and improve health conditions:

- Avoid jeans, cut-offs, clothes with rivets, or other items that could potentially damage equipment.
- Use a towel on all upholstered benches/seats.
- Wipe down upholstery and equipment with the provided spray disinfectant, hand towels, or wipes before and after use.
- Do not drop or slam weights. Do not lean weights, bars, or equipment against walls, mirrors, or other equipment.
- Sanitize hands regularly with touch-free dispensers provided throughout the SRC.

As a courtesy to others:

- Remove all weight plates from equipment and return all weights to the appropriate racks after each use. Re-rack your weights!
- Keep equipment and weights in their assigned areas within the facility.
- Limit cardiovascular equipment use to 40 minutes per user when others are waiting.
- Allow those waiting to use equipment between strength training sets.
- Do not bring chalk or other personal equipment (except gloves and standard weight belts) into the facility.

Studio Rooms

To protect the facility and improve health conditions:

- Wipe down mats and equipment with provided spray disinfectant, hand towels, or wipes.
- Footwear is required during activity involving equipment. Exceptions include yoga and dance formats.
- Only exercise balls may be used in the Studio rooms.

As a courtesy to others:

- Store program-specific equipment after use.
- Return all equipment to original location.
- Amplified music from personal devices is permitted at a reasonable volume. Please refrain from audible profanity and language that may be considered disrespectful, offensive, or inappropriate.

Gymnasium

To protect the facility and equipment:

- Do not hang on basketball rims.
- Use equipment only for intended purpose.
- Limit informal use to basketball, volleyball, badminton, soccer, and pickleball.

As a courtesy to others:

- Campus Recreation staff will fairly accommodate access to all informal recreation areas.
- Decide on “pick-up ball” rules that are fair and allow for all to play.
- If individuals on the court are unable to agree, the following will be used:
 - Losing team players yield court to those waiting and may not play again until all individuals waiting have played.
 - Winning team is limited to three consecutive games when others are waiting.
 - First team to 11 points wins. Three-pointers count as two and two pointers count as one point.
 - Disagreements are decided by a 3-point shot.
 - Half court games are 3 on 3 and full court 5 on 5.

To increase safety:

- Do not commit “cheap shot” fouls. Players who do may be asked to leave the facility and face a restriction of privileges.

Locker Rooms

To increase safety

- Keep valuable items locked.

To improve health conditions:

- Shower shoes are recommended.
- Use a towel only once and use different towels for workout and showering.

As a courtesy to others:

- Remove personal lock after each use. Locks left after close will be cut off.
- Place used towels in the hamper located at equipment check-out counter.
- Limit showering time and do not save showers.

Track

To protect the facility:

- Walk/run in the direction indicated (alternates daily).
- Appropriate footwear required. No track “spikes”.

Campus Recreation Field

To protect the rights of eligible users:

- “Walk-on” use limited to CSUB students and Campus Recreation members.
- Appropriate ID must be presented upon request.
- Contact the Campus Recreation Coordinator of Facilities to schedule group activities.

To protect the facility and increase safety:

- Do not bring bicycles, animals, or vehicles onto field area.
- Wear athletic footwear; metal or screw-in cleats are prohibited.
- No one under the influence of drugs or alcohol allowed in the field area.
- No gum, tobacco, or glass containers.
- No golf activities.

As a courtesy to others:

- Do not move equipment (goals, backstops, etc.).

To protect the facility:

- Field will close for weather conditions and maintenance needs.

Lost/Stolen Items: All items found will be turned into the Member Services Desk. Items will be logged and stored for a short time. Campus Recreation is not responsible for lost items. Items of high value (phones, keys, wallets, purses, IDs) will immediately be turned into UPD. Use of Campus Recreation and Wellbeing facilities is a privilege, and participants shall be good citizens who respect the rights of others. Any group or individual who does not follow facility policies may have their access restricted or modified as determined by the Campus Recreation & Wellbeing Director and may be subject to further disciplinary action through the Dean of Students Office and/or University Police.

The Department of Campus Recreation & Wellbeing reserves the right to implement up to a 14-day period of restricted access to any member who violates facility policies or abuses Campus Recreation staff. Those whose access has been restricted must make an appointment to meet with the Director of Campus Recreation and Wellbeing prior to access being reinstated.

Appeal: Members may appeal disciplinary action taken by Campus Recreation staff. A valid appeal must show either misapplication or misinterpretation of the rules or policy. All program participants, members, and guests are expected to read, know, understand, and abide by the rules and policies of the facility and programs. Ignorance of the rules is not an excuse or valid reason for a dispute. Only valid appeals by members will be considered. Appeals from guests will not be entertained.

Appeal Process: A written appeal of a decision must be submitted within one week (7 days) of notification of the disciplinary decision. Appeal letters should be sent to the Dean of Students. The Dean of Students Office has authority to uphold the original decision, reduce, or increase the disciplinary action. The decision of the Dean of Students Office is final.

Personal Image Release

CSUB/Campus Recreation staff take digital images, photographs, and/or video of patrons for educational, promotional, and informational purposes for use in CSUB/Campus Recreation related printed materials, social media, and on the website. No identifying information will accompany the likeness or images used in publication.