



# Rec & Wellness Center

## Expectations & Etiquette

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- Current and valid UNL I. D. Card required to enter.
- Visitors must pay guest fee & present a photo I.D.
- The possession, use and/or distribution of alcoholic beverages, drugs, tobacco products, and dangerous weapons are not allowed in any facility, as defined by the University's Student Code of Conduct. Vapor- and e-cigarettes are prohibited.
- Roller blades/skates, scooters, and skateboards may not be used.
- Bicycles, mopeds, and motorcycles are prohibited from being brought into/used inside campus buildings as defined by university regulations. Motorcycles and mopeds must be parked in designated parking areas; bicycles must be stored in the racks provided outside the facilities.
- No photography or video filming is permitted without an approved Campus Recreation media pass.
- Campus Recreation is not responsible for any personal items left unattended and/or unsecured in any facility. Personal items can be secured in day-use lockers or rented lockers.
- Personal training (individually or in a group) is only allowed with a designated Campus Recreation employee.
- Only spill-resistant and shatterproof drinking bottles are allowed in activities spaces.
- Athletic (non-marking) shoes are recommended for recreational activities. Metal on the bottom of any footwear is prohibited in all facilities (spikes, taps, etc). No sandals, open-toed shoes, or boots are allowed during activities.
- No striking, kicking, or hitting of other patrons or staff.
- Throwing of medicine balls against walls, floors, or turf is prohibited during open recreation.
- No spitting on floors, walls, stairwells, turf, water fountains, or restrooms sinks.
- Headphones must be used with personal radios and electronic listening devices.
- Animals are not permitted in facility, except trained service animals.
- Use personal equipment according to manufacturer's instructions and at your own risk.
- Wipe down & clean equipment after use with disinfectant spray and towels (provided in exercise areas).
- Youth age 6 years and older must use respective restrooms & locker rooms.
- Youth age 15 years and younger must be accompanied and directly supervised by an adult age 19 years or older.
- Do not engage in any activity that will endanger yourself or other patrons.
- It is the user's responsibility to follow & obey all posted rules, instructions, and authorized supervision. Failure to abide by these policies, regulations posted in facilities, or requests made by any campus recreation employee can result in ejection or suspension from building and program privileges.

Specific activity areas may have additional expectations.

## Cardio Cube

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Clean, appropriate athletic attire must cover the chest and buttocks. Attire that could cause damage to equipment is prohibited.
- Closed-toed activity-appropriate footwear is required. Shoes must have a heel or heel strap.
- Use equipment for the intended purpose only. Patrons must face forward on treadmills.
- 30-minute time limit on cardio equipment during peak hours (when other patrons are waiting).
- Walkways should remain clear at all times. Stretching is permitted in mat areas only.
- Wipe down & clean equipment after use with disinfectant spray and towels (provided in exercise areas).

## Golf Simulator

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Arrive ten minutes prior to your tee time and check in at the Member Services desk.
- The on-duty Facility Manager will turn the simulator on and off for you. A brief orientation on the navigation of programs, courses, and special features will be demonstrated.
- Do not touch the screen or projector at any time. Report any problems to the Member Services desk.
- Footwear is required. Shoes must be clean. Metal spikes are prohibited.
- Golf etiquette must be followed at all times. Profanity and club throwing is prohibited.
- Personal clubs and/or balls may be used and must be clean and free from dirt.
- Keep extra clubs and equipment outside of the simulator.
- Only one golfer in the simulator at a time. All others must stay out of the simulator.
- All swings must be inside the simulator. Only woods can be used on the tees. All other clubs can be used from the mat.
- No food or drink is allowed inside the simulator.
- Stop play when your time is up. If you wish to continue playing, check in at the Member Services desk. If the next time slot is not reserved, you may be allowed to extend your tee time.

## Group Exercise Studio East

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Equipment stored in this room must remain in the room.
- Throwing and kicking objects is prohibited, i.e. balls, sticks.
- Leaning equipment against walls and mirrors is prohibited. Patrons must remain at least one arm-length from mirrors during activities.
- Open recreation is prohibited during scheduled activities.

## Group Exercise Studio South

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Equipment stored in this room must remain in the room.
- Throwing and kicking objects is prohibited, i.e. balls, sticks.
- Leaning equipment against walls and mirrors is prohibited. Patrons must remain at least one arm-length from mirrors during activities.
- Open recreation is prohibited during scheduled activities.

## Heavy Bag

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Boxing gloves, MMA gloves or wraps are required when striking or punching with hands. Gloves can be checked-out for no cost at the Member Services desk.
- Hanging from or swinging the bag is not allowed.
- Sparring, wrestling, martial-arts throws and other intensive physical contact activities are prohibited.
- Attire policy is enforced. Closed-toe athletic shoes are recommended.
- The heavy bag cannot be reserved and is for informal recreation only.
- Wipe down the bag after use.

## Indoor Track

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Walkways should remain clear at all times. Stretching is permitted in mat areas only.
- Throwing and kicking objects is prohibited.
- Announce when passing other walkers & runners, e.g. "on your right"; "on your left".
- The track is not a spectator area for events below.

## MAC Gym

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Hitting and throwing objects is prohibited i.e. baseballs, softballs, cricket balls, lacrosse balls, golf balls, tennis balls.
- Grasping of basketball rims and nets is prohibited.
- Notify the Member Services Desk if you need hoops, volleyball nets, or badminton nets to be set up or taken down OR if equipment becomes stuck in bleachers or ledges.

## Sauna

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- This is a dry sauna - do not pour water on the heating element.

- Avoid touching or leaning on the heating element.
- Do not attempt to adjust the sauna temperature; temperature is set at 170 to 180 degrees Fahrenheit per recommendation of the American College of Sports Medicine.
- Patrons must have a barrier between their skin and the wooden benches, such as a towel, shorts, or swimsuit. Bare skin should not be in contact with the wood.
- Sneakers and street shoes are prohibited.
- Recommended time limit: 10 minutes. Due to high temperature, the sauna can be harmful to your health. Individuals with medical conditions such as high or low blood pressure, heart disease, respiratory problems, diabetes, and those who are pregnant should consult their physician before using the sauna.
- Be properly hydrated or drink plenty of water prior to entering the sauna.
- These items and activities are not permitted: calisthenics and exercise; shaving; massage; food; drink; water bottles; newspapers; magazines; paper; spitting; plastic, glass, or metal objects; and audio without headphones.

## **Strength Cardio Loft & Cardio Corridor**

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Clean, appropriate athletic attire must cover the chest and buttocks. Attire that could cause damage to equipment is prohibited.
- Closed-toed activity-appropriate footwear is required. Shoes must have a heel or heel strap.
- Use equipment for the intended purpose only. Patrons must face forward on treadmills.
- 30-minute time limit on cardio equipment during peak hours (when other patrons are waiting).
- Walkways should remain clear at all times. Stretching is permitted in mat areas only.
- Wipe down & clean equipment after use with disinfectant spray and towels (provided in exercise areas).

## **Strength Training & Conditioning Area**

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Clean, appropriate athletic attire must cover the chest and buttocks. Attire that could cause damage to equipment is prohibited.
- Closed-toed activity-appropriate footwear is required. Shoes must have a heel or heel strap.
- Use exercise machines and equipment for the intended purpose only.
- Wipe down & clean equipment after use with disinfectant spray and towels (provided in exercise areas).
- 30-minute time limit on cardio equipment during peak hours (when other patrons are waiting).
- Spotters are strongly recommended when lifting free weights. Ask the on-duty staff if you need.
- Collars are required when lifting free weight bars.
- Squats must be performed inside the rack.
- Olympic lifts must be performed in the platform area with rubber bumper plates.
- Re-rack weights and bars to their holders after use.
- Throwing of medicine balls against walls and floors is prohibited.
- Leaning equipment against walls and mirrors or removing equipment from this area is prohibited.

- Youth age 13 years and younger are not permitted access to the Strength Training and Conditioning Area. Youth age 14-15 years must attend a free orientation before using equipment and must be accompanied and directly supervised by an adult age 19 or over.

## **West Gym**

- The expectations listed below are in addition to Campus Recreation's General Expectations & Etiquette.
- Hitting and throwing objects is prohibited i.e. baseballs, softballs, cricket balls, lacrosse balls, golf balls, tennis balls.
- Grasping of basketball rims and nets is prohibited.
- Notify the Member Services Desk if you need hoops, volleyball nets, or badminton nets to be set up or taken down OR if equipment becomes stuck in bleachers or ledges.