



## **WILDCAT RECREATION CENTER**

A PROGRAM OF ASSOCIATED STUDENTS  
CALIFORNIA STATE UNIVERSITY, CHICO  
& CHICO STATE RECREATIONAL SPORTS

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# ***Member Handbook***

Revise 04.12.16

# Welcome to the WREC

This handbook has basic information on rules and regulations for members of the Wildcat Recreation Center. If further clarification is needed, please inquire at the front desk or call 898-4444.

## PART I – ACCESS

Unauthorized use of the WREC is strictly prohibited and should be reported to staff immediately. Members in the WREC assume an obligation to conduct themselves in a courteous manner that is compatible with facility and program policies. Anyone violating the policies outlined in this handbook will be directed to leave the WREC immediately and possibly face on-going suspension.

1. **Entry:** WREC members enter and exit through the turnstiles adjacent to the front desk. All other doors are alarmed and are for emergency use only. Unauthorized entry into the facility will be grounds for immediate removal. Any member assisting with an unauthorized entry will result in suspension from the facility.

2. **Students:** All current regularly enrolled Chico State students have access to the WREC and its programs. Fall enrollment includes intersession access and spring enrollment includes summer access.

\*Note – Some special programs charge a separate fee.

3. **Faculty/Staff:** All faculty and staff, current and retired, have the opportunity to purchase membership to the facility.

4. **Affiliated Campus Populations:** ALCI (American Language Culture Institute), adjunct graduate, and Open University students taking a minimum of six units, have the opportunity to purchase membership to the facility.

5. **Community/Butte College:** No community members, including Chico State alumni, or Butte College students are eligible to purchase membership.

6. **Guest Passes:** WREC members may bring in a guest for a charge of \$10 per day. The WREC member must accompany their guest and is responsible for the guest's behavior during the entire stay. Guests must be 18 years old, present a photo ID, and sign a liability waiver.

7. **Age:** For safety reasons, no one younger than eighteen (18) years of age is permitted in the WREC except:

- Currently & regularly enrolled Chico State students.
- Participants in a pre-approved and supervised activity.

8. **Biometric Hand Reader:** The WREC utilizes hand geometry technology that verifies the size and shape of a member's hand and attaches that information to the member's ID number.

## **PART II – ATTIRE**

Please ask a staff member if you have specific attire questions.

1. Wear appropriate exercise/fitness attire. "Shirts and Skins (sport bra)" are allowed on basketball courts and multi-activity court (MAC). Shirt must be worn when leaving identified areas and throughout the facility.

2. For hygiene purposes and to prolong the life of the WREC fitness equipment, a shirt that covers the torso is required at all times in the weight and cardio areas.

3. Pants with buttons, snaps, studs, or zippers may not be worn while using any fitness/weight lifting equipment.

4. Only non-marking athletic shoes are allowed on basketball courts, GX rooms, and MAC (No boots, heels, taps, flip flops, etc). Closed-toe shoes are required at all times in the WREC weight and cardio areas. Heavy bag users may remove shoes, but must wear them when leaving the area.

5. Swimwear is to be worn at the pool only. A cover-up or shirt must be worn over swimwear inside the WREC. No cut-offs may be worn in the pool.

## PART III – HEALTH & SAFETY

1. **Medical Examination:** It is recommended that all members have a medical examination prior to utilizing the WREC.
2. **Insurance:** Members participate in all programs at their own risk. Members are encouraged to obtain adequate health and accident insurance prior to participating in any physical activity.
3. **Safety & Supervision:** All WREC members are responsible for maintaining a safe environment. Please report all unsafe conditions and non-working equipment to WREC staff immediately.
4. **Security Cameras:** The WREC utilizes security cameras in the program areas and hallways. The purpose of the cameras is to ensure the safety of WREC members.
5. **Duress Alarms:** The WREC has duress alarms throughout the facility. The purpose of these small red buttons is to allow members that experience, or witness, an emergency to alert WREC staff. When pulled, a duress alarm will alert front desk staff to respond to the location of the emergency.
6. **Weightroom:** For safety purposes clips must be used on all weight bars, backpacks may not be left on the weightroom floor, and all weights are to be re-racked.

All lifts on platforms must be controlled to below the knee before releasing. No weights other than bumper plates may be used on platforms. Dumbbells must be controlled to within six inches of the floor before releasing.
7. **Outside/Personal Equipment:** Members are not allowed to bring in outside equipment such as weights, bars, chains. Personal equipment (boxing gloves, mats, belts, balls) is allowed.
8. **Dangerous Activity:** Activity that is destructive or appears to be unsafe is prohibited. Any activity leading to damage may result in charges for repair costs and expenses relating to the act.

9. **Injuries:** Please report all injuries sustained in the WREC to WREC staff immediately. Please do the same if you see a hazardous situation or potential problem.

## **PART IV – CONDUCT**

*Due to the commonality of programs and shared use of facilities, the WREC, Intramural Sports, Sport Clubs, and Adventure Outings may refuse access and service to any individual whose actions do not meet the conduct benchmarks outlined in each respective program areas' policies and procedures.*

1. **Standards of Conduct:** When entering the WREC, members assume an obligation to conduct themselves in a manner compatible with safety and conduct policies of the WREC, the University Code of Conduct, and Students Rights and Responsibilities. Members agree to act morally, cooperate with staff, and display sportsmanlike behavior when using the WREC.

2. **Cameras:** As a privacy courtesy to all members, the use of cell phone cameras, or any other type of camera, is prohibited in all areas of the WREC without permission from WREC professional staff.

3. **Offensive Words & Actions:** Spitting on floors or in drinking fountains is prohibited. Use of obscenity, insulting language, swearing, or profanity is prohibited. Harassment of members or staff is prohibited. Offensive actions can include, but are not limited to, any activity that might reasonably bring embarrassment or emotional, psychological or physical harm.

4. **Alcohol & Drugs:** Possession and consumption of alcohol or illegal drugs is not allowed on campus property, including the WREC. Those found in possession of, or under the influence of, alcohol or drugs will be prohibited from using the facilities for a period of time determined through the disciplinary process. Sanctions for violating the Campus Alcohol and Drug Policy can range from Education & Remedial to Disciplinary Probation, Suspension, or Expulsion from the University. WREC Staff may inspect your beverage container at any time.

5. **Smoking/Tobacco:** The use of tobacco, in any form, is prohibited inside and outside the WREC. Electronic cigarettes are also prohibited.

6. **Disorderly Conduct:** Conduct in violation of activity area policies is grounds for dismissal from the facility. Repeated disorderly conduct is grounds for suspension from the WREC. Examples of such conduct include, but are not limited to, hanging on basketball rims, dropping weights, inappropriate clothing, etc.

7. **Acts of Violence:** Any WREC member that, in the judgment of a WREC staff member, engages in violent behavior, or the threat of violent behavior, will be disciplined.

8. **Discipline:** Violation of conduct and/or program policies will result in immediate removal from the facility, at minimum, to lifetime suspension, if applicable. Depending on the nature of the incident, reports will be forwarded to Student Judicial Affairs and University Police.

9. **Dispute/Appeals:** Members have the right to dispute application of disciplinary actions. A valid dispute must involve either a misapplication or misinterpretation of WREC Member Handbook policies. A written appeal of the disciplinary decision must be submitted within 48 hours of notification to the WREC director or Recreational Sports director.

10. **Personal Training:** Personal training of members is not allowed unless you are employed as a personal trainer for the WREC. Any participant who is observed to be conducting, or suspected of conducting, personal training with a member may have membership privileges revoked. Examples of personal training include, but are not limited to:

- Writing and/or designing a fitness program for a member.
- Explaining and providing exercise technique to a member or group of members.
- Meeting with several different individuals within a given time period.
- Collecting or receiving payment from a member for a session.

- Assisting a patron with spotting, technique or any specific instruction, but not exercising with that individual.

## **PART V – FACILITY USAGE**

### **1. Rental Equipment:**

- Daily use equipment, for use inside the WREC, can be checked out against a member's account. Guests will be charged for lost, damaged, or non-returned equipment.
- Equipment checked out for overnight use outside of the WREC can be reserved directly with Adventure Outings or Recreational Sports. Members will be charged for lost, damaged, or non-returned equipment.

**2. Cleaning of Machines & Equipment:** All weight room, cardio, and fitness room users must use towels and disinfectant spray to wipe down equipment after use. Perspiration is highly corrosive; and can spread disease. Ensure the long life of the equipment, and its users, by wiping off machines and equipment.

**3. Chalk:** The use of chalk, including liquid chalk, is not allowed in the WREC.

**4. Food:** Food is only allowed in social areas and the pool deck.

**5. Water Bottles:** Non-breakable, leak-proof drinking containers are permitted. Glass containers are not allowed.

**6. Lockers / Lost & Found:** Free day-use lockers are available in the locker rooms, as well as near the courts and track. Lockers are emptied on a nightly basis. Semester rental lockers are available in designated areas of the locker rooms.

**7. Personal Property:** Due to the potential for accident and theft, personal belongings such as backpacks, purses, etc. may NOT be stored in any of the activity areas. WREC members are responsible for the security of their own property.

8. **Animals:** Guide dogs and service animals are the only animals allowed in the WREC.

9. **Bikes/Skateboards:** For maintenance of the facility and safety of the members, bicycles, skateboards, and scooters must remain outside the WREC. Racks are available outside and members must supply their own lock.

10. **Sales/advertising:** No flyers, banners or advertising materials of any kind may be placed in or on the WREC without the permission of WREC professional staff.

11. **Groups:** With student drop-in use being the WREC priority, use of any activity space by five or more people perceived by WREC staff to be a group is prohibited. This limitation holds true even if the group's members are all currently enrolled Chico State students. Types of groups include, but are not limited to, Greek organizations, athletic teams, etc. Exceptions include any approved Associated Students or Recreational Sports program.

**Exception:** Groups may use the group exercise rooms on a first-come, first-serve basis when no other programming is scheduled. Length of use may be limited if others are waiting to use the same area. No pre-scheduling of the rooms is allowed.

12. **Weapons and Firearms:** NO weapons or firearms of any kind are allowed in the WREC. Members participating in Martial Arts should alert staff to any questionable items prior to entering.

13. **Sleeping:** While there are lounge areas in the facility, their primary functions are for socializing, relaxing, and studying, not for sleeping.

For further clarification on any information found in the WREC Member Handbook, please stop by the WREC front desk or call 530-898-4444.