



Delta College

Experience the Delta Difference

Fitness & Recreation Center

Member Guidelines



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- 1 **Definition** The Delta College Fitness & Recreation Center (F&RC) includes the, weight and cardio rooms, gym, locker rooms, racquetball courts, aerobic studio, and holistic wellness room.
- 2 **Mission** The mission of the Delta College Fitness & Recreation Center is to create healthy environments that engage students, members, and the College community in learning and personal development.
- 3 **General Purpose & Facility Description** The primary purpose of the F&RC is to provide facilities that enhance the learning experience and support the academic programs in the Health and Wellness discipline at Delta College. The F&RC also supports the intramural program and the College's athletic programs.
- The function of the Fitness & Recreation Center is to provide quality recreation, fitness programs, and facilities designed to enhance and contribute to the development of the total person in an environment that promotes healthy lifestyle choices, enjoyable activities, family and community activities, and opportunities for positive social interaction. Recreational opportunities may include basketball, volleyball, swimming, jogging, weight lifting, racquetball, tennis, aerobics, yoga, pilates, soccer, and more.
- 4 **Facility Hours**
- | | | |
|----------------|-------------------------|-----------------------|
| Fitness Center | Monday through Thursday | 6:30 a.m. – 8:30 p.m. |
| Fall/Winter | Friday | 6:30 a.m.-7:30 p.m. |
| | Saturday | 8:00 a.m.- 6:30 p.m. |
| | Sunday | 1:00-6:00 p.m. |
- Please note the hours listed above our subject to change with a 2 week notice to members. The Fitness & Recreation Center may occasionally be closed to members for maintenance. No portion of the membership fee will be refunded, nor will a credit be given, when maintenance occurs. Failure to use the facilities of the F&RC does not relieve the member of the financial obligation of membership.
- 5 **Assumption of Risk** Participation in any activity within the Fitness & Recreation Center is at the sole discretion and judgment of the Member and is at his/her own risk.
- The Member desires to voluntarily engage in an exercise program at the Delta College Fitness & Recreation Center and understands that medical clearance is recommended before beginning any exercise program. Consultation with your physician to gain clearance to begin a fitness program is the Member's responsibility and highly recommended.
- The Member assumes full responsibility for death or any injuries or damages which may occur to self, or to Guests and Dependent Members, in, on, or about the premises of the facility and fully and forever releases and discharges Delta College, the Board of Trustees, Delta College employees, agents, volunteers and representatives, and the Fitness & Recreation Center staff, from any and all suits, claims, damages, costs, and expenses of every kind, arising out of or in conjunction with the use of the facility and equipment thereof, except that arising out of the sole negligence or willful misconduct of Delta College.

6 **Membership**

A Member is a person (1) who has paid the required fees, and (2) whose membership has not been suspended or revoked.

Members must present membership ID card upon entering the Fitness & Recreation Center.

A waiver and membership application must be completed and on file before using any of the facilities.

All memberships are non-refundable and can be revoked from any person exhibiting inappropriate behavior or abuse of the FRC staff or facilities. The FRC may occasionally be closed to members for maintenance. No portion of the membership fee will be refunded nor will credit be given, when maintenance occurs.

The FRC reserves the right to change membership fees with a 30 day notice to members. Delta College FRC also reserves the right to change membership and facility policies with short notice to members.

Membership Options:

Pioneer--Individual membership. Children 13 & under must be accompanied by a parent or legal guardian.

Pioneer Plus--Includes 2 adults in the same household & dependants.

Dependants are defined as individuals whom they claim on their household income taxes. Proof of residency along with proof of dependency may be asked to be presented at the time they sign up for the membership.

Pioneer Silver--Persons ages 60 & older are eligible for this membership, & can only be used by that individual.

Pioneer Silver Plus--Persons ages 60 & older are eligible. Includes 2 adults in the same household & dependants. Dependants are defined as individuals whom they claim on their household income taxes. Proof of residency along with proof of dependency may be asked to be presented at the time they sign up for the membership.

Delta--Individual membership. Delta Staff, faculty, retirees, & currently enrolled students eligible. Children 13 & under must be accompanied by a parent or legal guardian.

Delta Plus--Delta Staff, faculty, retirees or currently enrolled students are eligible. Includes Staff, Student, or Retiree, one adult in the same household and staff, student, or retiree's dependent children. Driver's License or photo ID with proof of residency is required at the time of purchase. Dependants are defined as individuals whom they claim on their household income taxes. Proof of residency along with proof of dependency may be asked to be presented at the time they sign up for the membership.

Daily Passes:

Individual- Children 13 & younger must be accompanied by a parent or legal guardian.

Daily Fun Pass--Includes 2 supervising adults & up to 4 children under the age of 18; or 1 supervising adult & up to 5 children under the age of 18.

Additional participants must purchase an individual day pass.

10 visit pass--Only 1 individual per visit. Children 13 & younger must be accompanied by a parent.

7 **General
Facility Rules**

Members are entitled to access the Fitness & Recreation Center and to the use of its facilities. Additional fees may be charged for certain programs and activities offered through the Delta College Fitness & Recreation Center, including wellness/fitness testing and evaluation, classes, equipment rental, and organized intramural activities.

Fitness & Recreation Center Members must check in at the Customer Service Desk prior to using the facilities, and check out when leaving. Members will receive a towel at the time they check in. Members are to return the towel when they check out.

Individuals 13 and younger must be accompanied by a parent or guardian (18 and older) while in the FRC facilities.

Pets are not allowed except for guide, service, or signal dogs.

Only personal stereos with headsets are allowed.

Backpacks and gear bags must be stored in lockers. Activity areas must be clear of personal items.

No food or open beverages are permitted in the Fitness Center. Only bottled drinks in plastic containers with screw on lids (i.e., plastic water bottles or sports drinks) are permitted. In the gyms, bottled drinks in plastic containers with screw on lids (i.e., plastic water bottles or sports drinks) are permitted but must be either on a bleacher bench or along the wall. Food and drinks are not allowed in the racquetball courts.

Members should conduct themselves in an appropriate manner and should be courteous and respectful to facilities staff and other members. Profanity, destructive or aggressive behavior will not be tolerated and Members engaging in such behavior may be asked to leave.

Inappropriate behavior or disregard for the Fitness & Recreation Center guidelines may result in suspension or revoking of membership benefits without a refund in some cases.

Proper attire will be worn at all times (shirts, closed-toe shoes, shorts, workout attire, etc). No belt buckles may be worn. No swimsuits are permitted on the Fitness Floor or in the hallways. No rubber suits allowed. Shirts and shoes must be worn outside of locker room and pool areas. Shirts are required at all times. Participants not dressed appropriately may be asked to leave.

Only tennis shoes or soft-soled shoes permitted in Fitness & Recreation Center and on court floors. No open-toe, hard-soled, or black-soled shoes permitted. Only non-marring shoes may be worn.

- 8 ***Fitness Center*** In order to use the Fitness/Weight equipment you must be of high school age. Individuals aged 14-18 may require the presence of a parent or guardian while on the fitness floor.
- Re-rack all plates and dumbbells when finished. Be considerate by allowing others to work in between your multiple sets or repetitions.
- Do not remove plates or dumbbells from Fitness Center.
- Wipe down equipment after each use.
- There may be a 30-minute time limit on cardiovascular equipment if others are waiting to use the same equipment.
- Safety clamps must be used when lifting free weights.
- Volunteer spotters are recommended when using free weights. Fitness Center staff will not spot.
- All weights and equipment are to be returned to the proper location after use.
- Chalk use is not permitted in the Fitness Center.
- Be aware of others around you. Don't stand in front of the weight rack while lifting; you may be blocking others getting to the weights. Do not hold or lean on handrails while treadmill, elliptical, or stair climber machines are in use. Do not sit on machines when you are between sets.
- Be patient when waiting for equipment and be efficient when using equipment while others are waiting.
- 9 ***Gymnasium*** Open Gym times are available for recreational use such as basketball and volleyball. Please contact the FRC Service Desk for times.
- Children 13 and younger must be accompanied by a parent or guardian.
- 10 ***Racquetball*** Eight racquetball courts are available on a reservation basis. Users are required to bring their own equipment and safety goggles. Eye goggles are highly recommended during play.
- All players must check in with the Customer Service Desk before playing, for court assignment.
- Reservations can be made by calling the Fitness & Recreation Center at 686-9026. Court times can be booked up to one week in advance. Participants are not permitted to reserve consecutive court times for the same day. If there is nobody waiting when you are finished, you can stay on the court for another hour.
- 11 ***Pool Rules*** Swimming should only occur when a lifeguard is on deck.
- Appropriate Swim Attire Required—(swim suit w/ liner).
- Please shower before entering the pool.
- Individuals with open sore, rashes, or infections are not allowed in the pool. Please walk at all times on the pool deck.
- Children under the age of 5 must be accompanied by an adult in the water.
- Pushing, dunking, horseplay, or other dangerous play will not be allowed.
- 11 Sitting, standing, or jumping off the pool divider walls is prohibited.
- Swimmers may not sit on each other's shoulders.

**Pool Rules
(Cont.)**

Swimmers who are not toilet trained must wear a swim diaper.

The safest way to jump into a pool is feet first while facing the pool. Shallow areas are marked no diving. Please ask a lifeguard for the appropriate areas for diving. We will not allow any backwards entries into the pool.

Swimmers must show competency in a swim test before entering deep water. Please stay off the safety ropes and/or lanes lines.

Please keep food, drink and glass items out of the locker rooms and off the pool deck.

Please do not chew gum in the facility.

No Smoking in the facility.

We encourage a friendly environment; therefore, profanity, vulgar remarks or disrespectful comments may result in expulsion from the facility.

Water and alcohol are never a good combination. Persons under the influence of alcohol will not be allowed to use the facility.

Please note there are additional rules for the water slide, diving board, and therapy pool. See the service desk for a complete listing.

12 **Equipment**

Volleyballs and basketballs will be provided during open Recreation. Member is financially responsible for any items not returned, or returned damaged.

Please report any equipment you suspect may be damaged or broken to the Customer Service Desk.

13 **Lost and Found**

Articles found in the Fitness & Recreation Center should be turned in to the Customer Service Desk.

Non-valuable items may be claimed during regular hours of operation from the Fitness & Recreation Center.

Items of value (jewelry, wallets, etc.) will be turned in to Campus Public Safety.

Items will be held for 30 days. After that time, any unclaimed items will be removed and donated to charity.

Members are strongly urged to report any lost or stolen valuables to the Customer Service Desk and Campus Public Safety.

14 **Emergencies / Safety**

When the fire alarm sounds, all members must evacuate the building. Please follow the exit signs and instructions from the building staff. Fire drills will be held regularly to ensure Members and guests are aware of and are complying with emergency procedures. During an evacuation, everyone is asked to remain calm and cooperate fully with staff.

Promptly report any injury, however minor, to a staff member on duty.

Be cautious of water on the floor and slippery locations in the locker rooms. Please report any of these problems to the F&RC staff.

Fitness & Recreation Center staff will provide first response to all facility situations.

Individuals under the influence of alcohol/illegal substances may be asked to leave the facility.

15 ***Injuries and First Aid***

The Fitness & Recreation Center (F&RC) has staff trained in basic first aid and CPR. If an injury occurs, users are asked to seek assistance from the nearest Fitness & Recreation Center employee.

If an ambulance is necessary, the F&RC staff will contact the College's Public Safety office and implement emergency response procedures. F&RC employees will not transport injured victims. In any injury situation, the injured person, when possible, and any witnesses will be asked questions for an incident report.

F&RC employees are not trained to give preventative first aid such as wrapping or taping joints, nor are they trained to apply splints to injured joints. Individuals requiring such aid are advised to seek professional attention.

F&RC employees will not dispense any medication, including common over-the-counter medications such as aspirin, ibuprofen, antacids, etc.

All participants are financially responsible for all injuries and emergency care.

First Aid Kits are located in the pool area and at the Customer Service Desk. The kits are for minor injuries and are not supplied for preventative applications.

An Automated External Defibrillator (AED) is located at the Service Desk.

16 ***Personal Belongings / Locker Rooms***

The Fitness & Recreation Center is not responsible for lost or stolen items.

Cell phone usage is not permitted in the locker rooms.

Personal items including keys, wallets, etc., cannot be left with any staff member in the facility, nor may they be stored on top of or behind the service desk.

Members are encouraged to store all personal belongings in a secure/locked location. Locks left on daily lockers overnight may be cut and the contents removed. Items may be claimed at the Customer Service Desk. Unclaimed items at the end of each month will be donated to charity. Locks will not be replaced by the Fitness & Recreation Center.

Reserved Lockers may be used for the duration of a 12 month membership. There is, however, limited availability. Delta College FRC reserves the right to change locker assignments. Members are not guaranteed a specific locker for the duration of their membership.

Effective **January 1, 2009**, there will be a reserved locker rental fee for the Men's/Women's Pool and General Locker Rooms: half lockers will be \$15 per year and full-length lockers will be \$30 per year. Locker Rental Fees are not pro-rated. Reserved locker rentals will be available only to members purchasing a 12-month membership. Members who do not have a twelve month membership or elect not to rent a reserved locker may utilize the daily lockers in the general and pool locker rooms.

Children same gender may use locker rooms under the direct supervision of a parent or guardian.

Family/Special Needs Locker Rooms--Opposite gender children over the age of two must use the family side in the pool locker room with parent/guardian

Varsity Locker Rooms--Delta Varsity Athletes only.

Faculty/Staff Locker Rooms--For Delta faculty and staff members

General & Pool Locker Rooms--Available for use by student and community members

17 ***Bring a Guest*** Monthly and annual members may bring guests to the FRC facilities. **A member is limited to 2 guests at one time.** The member is responsible for and must accompany the guest at all times while in the facility. A guest must follow all FRC rules and procedures. A waiver form must be completed prior to use of the facilities. **A daily member guest pass is \$3.00/person.**

18 ***Adverse Weather Closures***

Basic Announcements:

- "Delta College will be closed until..." -- All facilities will be closed
- "Delta college classes are cancelled..." – All F&RC classes will be cancelled, but the facility will be available for open rec use.

Radio and Television Station making Announcement

- WNEM-TV (Channel 5) -WUGN-Radio (FM-99.7)
- WJRT-TV (Channel 12) -WKQZ-Radio (Fm-93.3)
- WEYI-TV (Channel 25) -WIDL-Radio (104.9)
- WHNN-Radio (FM-96) -WCFX-Radio (FM-95.3)
- WIOG-Radio (FM-102.5) -WLEW-Radio (FM 102.1, AM 1314)
- WGER-Radio (FM-106) -WUCX-Radio (FM-90.1)
- WTLZ-Radio (FM-107.1) -WKNX-Radio (AM-1210)
- WKCQ-Radio (FM-98.1) -WCEN-Radio (FM-94.5)
- WSGW-Radio (AM-790) -WSAM-Radio (AM-1400)
- WMPX-Radio (AM-1490) -WKYO-Radio (AM-1360)
- WEEG-Radio (FM-97.3) -WTCTF-Radio (FM-100.5)
- WDCQ/WDCP-TV (Channel 19/35)
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Visit: Delta College Web Site www.delta.edu

Call: Delta College 24 hour information line, 686-9179 or 1-800-686-9179