

Delta College Fitness & Recreation Center Membership & Daily Pass Guidelines

Definition:

The Delta College Fitness Recreation Center (FRC) includes the pool, weight and cardio rooms, gym, locker rooms, racquetball courts, aerobic studio, and holistic wellness room.

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.

General Purpose and Facility Description:

The primary purpose of the FRC is to provide facilities that enhance the learning experience and support the academic programs in the Health and Wellness discipline at Delta College. The FRC 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.

Hours:

For current hours, visit the FRC web site or call 989-686-9026. Please note that the hours listed on our web site are the most current hours available. 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 FRC do not relieve the member of the financial obligation of membership.

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 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.

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 and 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.

Several categories of membership are available. Please visit the Fitness & Recreation Center web site for information on each membership option.

General Facility Rules:

For your safety and convenience, all Delta College Fitness Center Members and guests must follow the rules and regulations of Delta College Fitness & Recreation Center. Failure to follow these rules and regulations may result in the suspension or termination of membership without refund.

Members are entitled to access the Fitness and 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 and Recreation Center, including wellness/fitness testing and evaluation, classes, equipment rental, and organized recreational activities.

Fitness and 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.

1. Individuals 13 and younger must be accompanied by a parent or guardian (18 and older) while in the FRC facilities.
2. Pets are not allowed except for guide, service, or signal dogs.
3. Only personal stereos with headsets are allowed.
4. Backpacks and gear bags must be stored in lockers. Activity areas must be clear of personal items.
5. No food or open beverages are permitted in the Fitness and Recreation 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.
6. Members should conduct themselves in an appropriate manner and should be courteous and respectful to facility staff and other members. Profanity, destructive or aggressive behavior will not be tolerated and Members engaging in such behavior may be asked to leave.
7. Inappropriate behavior or disregard for the Fitness and Recreational Center guidelines may result in suspension or revoking of membership benefits without a refund in some cases.
8. Unauthorized access to the Delta College Fitness & Rec Facility is a violation of Delta College Fitness & Rec Center Regulations and may result in suspension or termination of membership privileges without refund.
9. 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 the locker room and pool areas. Shirts are required at all times. Participants not dressed appropriately may be asked to leave.
10. Only tennis shoes or soft-soled shoes permitted in Fitness and Recreation Center and on court floors. No open-toe, hard-soled, or black-soled shoes permitted. Only non-marring shoes may be worn.

Fitness Center:

In order to use the Fitness/Weight equipment you must be of high school age. Individuals 14-18 may require the presence of a parent or guardian while on the fitness floor.

1. Re-rack all plates and dumbbells when finished. Be considerate by allowing others to work in between your multiple sets or repetitions.
2. Do not remove plates or dumbbells from the Fitness Center.
3. Wipe down equipment after each use.
4. There may be a 30-minute time limit on cardiovascular equipment if others are waiting to use the same equipment.
5. Safety clamps must be used when lifting free weights.
6. Volunteer spotters are recommended when using free weights. Fitness Center staff will not spot.
7. All weights and equipment are to be returned to the proper location after use.
8. Chalk use is not permitted in the Fitness Center.
9. 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.
10. Be patient when waiting for equipment and be efficient when using equipment while others are waiting.

Gymnasium:

Open Gym times are available for recreational use such as basketball and volleyball. Children 13 and under must be accompanied by a parent or guardian. Please contact the FRC Service Desk for times.

Racquetball:

Seven 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 and Recreation Center at 989.686.9026. 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.

Pool Rules:

1. Swimming should only occur when a lifeguard is on deck.
2. Appropriate swim attire is required (swimsuit with liner).
3. Shower before entering the pool.
4. Individuals with open sore, rash, or infections are not allowed in the pool.
5. Please walk at all times on the pool deck.
6. Children under the age of five must be accompanied by an adult in the water.
7. Pushing, dunking, horseplay or other dangerous play will not be allowed.
8. Sitting, standing or jumping off the pool divider walls is prohibited.
9. Swimmers may not sit on each other's shoulders.
10. Swimmers who are not toilet trained must wear a swim-diaper.
11. 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.
12. Swimmers must show competency in a swim test before entering deep water.
13. Stay off the safety ropes and/or lane lines.

14. Please keep food, drink and glass items out of the locker rooms and off the pool deck.
15. Please do not chew gum in the facility.
16. 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.

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.

Lost and Found:

1. Articles found in the Fitness and Recreation Center should be turned in to the Customer Service Desk.
2. Non-valuable items may be claimed during regular hours of operation. Please report any equipment you suspect may be damaged or broken to the Customer Service Desk.
3. Items of value (jewelry, wallets, etc.) will be turned in to Campus Public Safety.
4. Items will be held for 30 days. After that time, any unclaimed items will be removed and donated to charity.
5. Members are strongly urged to report any lost or stolen valuables to the Customer Service Desk and Campus Public Safety.

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 FRC staff.

Fitness and 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.

Injuries and First Aid

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

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

FRC 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.

FRC 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.

Personal Belongings / Locker Room:

1. The Fitness Recreation Center is not responsible for lost or stolen items.
2. Cell phone usage is not permitted in the locker rooms.
3. Members are encouraged to store all personal items 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.
4. 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.
5. 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.
6. 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 12-month membership or elect not to rent a reserved locker may utilize the daily lockers in the general and pool locker rooms.
7. Children same gender may use locker room under direct supervision of parent/guardian.
8. Family Locker Rooms: opposite gender children over the age of two must use the family side in the pool locker room with parent/guardian.
9. Varsity Locker Rooms: Delta College Varsity athletes only.
10. Faculty/Staff Locker Rooms: Delta College faculty and staff members only.
11. General Pool Locker Rooms: Available for use by student and community members.

Bring A Guest

Monthly and annual members may bring guests to the FRC facilities. **A member is limited to two 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 per person.**

Delta College Fitness & Recreation Center
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