

Usage Rules and Regulations for Colgate Facilities

GENERAL RULES APPLY TO ALL FACILITIES:

All users must present currently valid ID and people who are not Colgate students or employees must have signed a Liability Release Waiver.

Children under the age of 16 must be directly accompanied/supervised by an adult (18/over) at all times. Such minors must be an active participant with the accompanying adult during the entire activity period. No children under the age of 12 are permitted to use the Fitness Center.

Access may be restricted at any time [sometimes without prior notice] due to Colgate related needs. Usage during student peak demand times (4:00 - 6:00 P.M.) is particularly discouraged.

The paid employees of the facility area have ultimate authority relative to the use of that facility. Disregard or disrespect will result in loss of user privileges.

All users are asked to monitor their language so as to eliminate profanity, abusive or repulsive language which others may find offensive.

Food and beverages are not permitted in the facilities.

All facility users are required to have a parking sticker - this may be secured at Campus Safety [228-7333].

FITNESS CENTER:

Upon entry all users must present a currently valid ID (Colgate ID or Membership card) or guest pass and sign in at front desk.

Clean, dry shoes are required for admittance. During inclement weather a second pair of work-out shoes must be carried in and worn.

For sanitary reasons, clothing which covers the back, arm pits, shoulders and abdominal area is mandatory.

All users are asked to wipe down aerobics equipment after use.

After workout, all equipment used is to be returned to its proper storage location/position.

Aerobic exercise equipment use is to be limited to 20 minutes whenever anyone is waiting.

External music other than that provided by the facility is prohibited.

Facility is reserved for faculty and staff from noon - 1PM Monday through Friday.

Children under 12 not permitted in Fitness Center. Children 12-16 must be directly supervised by an adult.

HUNTINGTON GYMNASIUM

Light soled footwear must be worn to assure that marks are not left on playing surface.

Roller blades, bicycles, skate boards etc. are not permitted inside the facility.

Memberships are permitted to use squash and racquetball courts only at specified hours and are **not** permitted to make advance reservations.

Memberships may not check out equipment from Equipment-Issue Room nor are they eligible for towel/laundry service.

Memberships may rent a partial locker.

LINEBERRY POOL

Upon entry all users must present a currently valid ID (Colgate ID or Membership card) or guest pass.

All users must shower before entering pool.

Swimming is not permitted unless a life guard is on duty.

Children under the age of 16 must be directly accompanied/supervised by an adult (18/over) at all times. Such minors must be an active participant with the accompanying adult during the entire activity period.

Gum, bandaids and glass of any type are prohibited.

Running on deck is prohibited.

Floatation devices must be approved by a lifeguard.

No swimming under bulkheads.

Life guards have ultimate authority in pool area - disregard for or disrespect shown toward a lifeguard may result in expulsion from pool and jeopardize membership status.

Facility is reserved for adults only from Noon-1PM Monday - Friday.

SANFORD FIELD HOUSE

Facility may only be used during posed Open Rec Hours. Non-varsity individuals are not permitted in facility during reserved team practice times. Recreational hours are severely limited from January - March.

All users must carry in a second pair of activity shoes in order to gain admittance during inclement weather. Clean footwear must be changed into prior to entering activity area. Only rubber soled running and/or turf/court shoes are to be worn. Spikes or dark soled shoes which will leave a mark are not permitted.

Weekday Courts 1 & 2 reserved for Open Rec, Varsity teams will use Courts 3 & 4

The 12:00-1:00 weekly time slot is reserved exclusively for Colgate employees.