

# The University of Mississippi

## Guidelines for Use of Turner Center

**Summary/Purpose:** Guidelines and rules for use of the Turner Center and various activity areas within the facility.

### Turner Center:

1. All University of Mississippi students, faculty, staff and Turner Center members must present a valid ID for entry into the Turner Center during recreation hours.
2. No food, drink, gum or tobacco products are permitted in the facility. Water in a closed, plastic container is permitted.
3. Children under the age of 16 must be supervised by an adult, University of Mississippi student, faculty, staff or Turner Center member. Children over the age of five may not use the locker room facility of the opposite gender.
4. Proper athletic attire must be worn when participating in recreational activities:
  - a. Proper athletic shoes and clothing are required. Wear non-marking shoes in all activity areas (except natatorium and locker room).
  - b. Shirts must be worn at all times and should cover all areas of the skin, which come in contact with the fitness equipment.
  - c. Swim suits must be worn in the natatorium. No cut-offs or clothes in the pool.
  - d. Eye guards are strongly encouraged when playing racquetball.
5. Entry and exit of the Turner Center must always be through the north, glass doors, the designated main entrance and exit. Individuals' entering/exiting through non-designated doors are subject to disciplinary action.
6. No alcoholic beverages or illegal drugs may be consumed prior to or while using the facility.
7. Bicycles, roller-skates, roller blades, and skateboards are prohibited in the Turner Center.
8. Pets, other than guide animals, are prohibited in the Turner Center.
9. Headphones are required for personal stereos.
10. Facilities may be closed and/or reservations canceled when warranted (i.e. special events, maintenance projects, inclement weather).
11. Specific policies and room regulations are posted on site and are required to be observed. Verbal instructions from facility staff are for the safety and comfort of all Turner Center patrons and are to be strictly adhered to.
12. Unreserved Open Recreation activities are available on a first-come, first-served basis with shared usage and challenge rules applying. The designated Open Recreational activity will take priority over other users.
13. Use of the University facilities is a privilege, and participants are expected to exhibit proper conduct and respect the rights of others. Individuals who engage in

- unacceptable, unsafe or irresponsible behavior may have their access to facilities revoked, modified and/or subject to further University disciplinary action.
14. The University of Mississippi and Department of Campus Recreation are not responsible for lost or stolen property.

**Fitness Center:**

1. All patrons must present a valid student, faculty, staff or Turner Center ID.
2. Patrons must be 16 years old to enter the Fitness Center.
3. Proper athletic shoes and clothing are required. Shirts or tank tops must be worn at all times and should cover all areas of the skin, which come in contact with the fitness equipment. Jeans and jean shorts are not permitted as they may tear the upholstery. Boots and opened toed shoes are also prohibited.
4. No food, gum or tobacco products allowed. Water or sports drinks will be permitted in closed plastic containers only.
5. No personal music will be played over the Fitness Center stereo system. Music played is chosen by the Fitness Staff only.
6. All equipment must be checked out with an ID.
7. All equipment is to be used only for its intended purposes only. Patrons should not attempt to use equipment on which they have not received instruction or are unfamiliar.
8. All dumbbells and free weights must be returned to their original and proper racks immediately after use.
9. Weights are not to be leaned against walls, mirrors or equipment.
10. Collars are mandatory on all Olympic bar lifts.
11. Spotters are required on all heavy lifts; a staff member will spot anyone needing a spotter.
12. Screaming or use of offensive language will not be tolerated.
13. Chalk is not permitted in the fitness center.
14. Weight belts are not to be worn when using any of the selectorized equipment.
15. Cardiovascular machines are on a first come first served basis. When there is a wait patrons must observe a thirty-minute time limit. Patrons waiting for a machine must sign-up on the appropriate board.
16. All equipment is to be wiped down after use.
17. Personal belongings are not permitted in any of the workout areas or at the front desk in the fitness center. All bags, books, jackets etc. are to be placed in the locker rooms and storage cubbies as space permits.
18. Patrons should report any fitness center injuries or facility/equipment irregularity to the staff on duty
19. No equipment shall be removed from the fitness center at any time for any reason.
20. Intentional misuse of equipment and facility may result in loss of facility privileges.
21. All patrons are required to be considerate of others in all ways.

### **Group Exercise Classes:**

1. All patrons must sign the Understanding of Participation and receive the approved ID Validation Sticker before participating in exercise classes. A New Validation Sticker will be required each Fall semester.
2. Patrons who have musculoskeletal limitations or injuries must notify the Group Fitness Instructor prior to the beginning of the exercise class.
3. Proper athletic shoes are required. No open toed shoes or backless shoes will be allowed. You may not participate in classes barefooted, with the exception of yoga, pilates, and water classes.
4. Patrons should always exercise according to their personal fitness level.
5. Patrons are strongly encouraged to drink water during exercise classes.
6. Patrons must be 16 years of age in order to participate in Group Fitness Classes.

### **Natatorium:**

1. No drinks, food, gum, glass or tobacco products are to be used by the swimmers or spectators in the pool area.
2. **Children under 12 years of age MUST be supervised by an adult who must be suited to swim and on the pool deck.**
3. **Children 4 years and under may only use the facility if they are accompanied IN THE WATER on a one to one basis by an adult.**
4. No hanging from the ropes or diving boards.
5. Balls (beach, tennis, basketball, etc.), Frisbees, or any other type object which might be thrown cannot be used in the pool, unless scheduled as a special event or as an intramural practice.
6. Swim masks, fins, and snorkels may not be used for recreational play. They may be used in the lap area for skill development or fitness workouts.
7. **RUNNING OR HORSEPLAY ON POOL DECK, DIVING BOARDS OR IN THE POOL IS PROHIBITED.**
8. Swim suits only are allowed. Shoes are NOT permitted on bulkheads.
9. No diving into the shallow end of the pool.
10. No diving from the side of the diving boards.
11. Only one person is allowed on the board at a time and one on the ladder.
12. No lifejackets of any type, goggle, masks, fins or snorkels allowed on the diving boards.
13. **No swimming under the bulkheads.**
14. Flotation devices other than kick boards pull buoys and aqua joggers are NOT allowed except during scheduled recreation classes and programs. US Coast Guard approved lifejackets are permitted only when an adult who is H<sub>2</sub>O skilled is within arms distance of the user.
15. All swimmers must enter and exit the pool through the appropriate locker room and are required to shower before entering the pool.

**Children:**

1. University of Mississippi students, faculty, staff and Turner Center members may purchase memberships for their dependents. Each dependent will receive an ID card.
2. Children under 12 may only participate with an adult member. "Participating with" is defined as: utilizing the same court, competing in the same game or using the same activity area.
3. In the Natatorium, parents must be in the water and devote full attention to children 6 years old and younger. Parents must remain in the pool area with children under 12 years.
4. Adult members are responsible for regulating the behavior of the children in their care. Failure to do so may result in the loss of future privileges.
5. Children under 16 may not use the Turner Center without adult supervision of a valid student, faculty, staff or Turner Center member. Patrons under 16 years old are NOT permitted in the Fitness Center or group fitness classes.