

## General Facility

- To enter, you must present your TSU ID or Rec Card.
- You do get one (1) “freebie” per semester if you forget your card (but you must still have a valid photo ID and know your T-number/membership number).  
You must enter through our main front entrance.  
If you have any special entry needs, talk to our Campus Rec staff.
- Don’t let others use your TSU ID or Rec Card. If you do, the card will be confiscated and both you and the cardholder may be suspended.  
Non-members under the age of 16 are not allowed into the Rec Center (Exception: Staff-guided tours and designated special events).

## What to wear

- Proper athletic attire and shoes must be worn at all times:

When moving through all ranges of motion, tops must fully cover the chest area and shorts must be long enough to completely cover the buttocks and groin area.

Clothing that is sheer and/or transparent in nature must not expose the chest, buttocks, or groin area. Undergarments (including sport bras) must be covered by an additional layer of clothing. Closed-toe, non-marking athletic shoes are required on courts and in fitness areas at all times.

- Appropriate swim attire is required at the Aquatics center:

Only clean, appropriate attire designed for swimming is permitted.

T-shirts, cut-offs, sport bras, thongs, sheer swimsuits, and undergarments are not allowed.

- Keep your belongings safe! We’re not responsible if they are lost or stolen.
- Be sure to read up on our [Locker Use & Rentals](#).

## Personal belongings

- Are not allowed in activity areas (on the multi-purpose courts, weight room, cardio areas, etc.)
- Are allowed in designated lounge areas and meeting rooms.
- All music devices must be personal music devices and not be audible for others.
- The following items are prohibited:
  - Tobacco, alcohol, drugs, weapons and firearms.
  - Please be respectful.
  - Excessive Foul language is not permitted.
  - Positive sportsmanship and sporting conduct are encouraged.
- Sharing is caring. For example, during high-volume usage, we may ask you to play half-court or let others “work in” sets in the weight room.

## Food & Drink

- Water is OK (and recommended if you're working out!) in all areas.
- Other liquids/drinks are permitted in a resealable container.
- Food is only allowed in designated lounge areas.
- No glass containers.

## Photography & Video

- Please refer to [Media Relations](#) for more information.

## Posters & Fliers

- Please refer to [Media Relations](#) for more information.
- Facility furniture and equipment cannot be moved or removed without approval from our Assistant Director or designee. If you break it, you fix it. You will be responsible if facilities and/or equipment is damaged due to negligence or vandalism. Unless you're in a designated area, please don't throw stuff.

## Lounge Spaces

- Please keep all furniture in its original location.
- Food and drink are allowed, but please clean up after yourself.
- Leave the area in the same condition that you found it.
- Appropriate behavior (as noted under General Facility Policies) is expected.
- Please keep shoes off of furniture to help prevent wear and tear.

## Meeting Rooms

- Meeting rooms are kept locked unless reserved.
- Reservations are made through the reservation process.
- Food or drink must be pre-approved.
- Please keep all furniture in its original location.
- Leave the area in the same condition that you found it.
- Appropriate behavior (as noted under General Facility Policies) is expected.

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## Locker Rooms & Bathroom Facilities

- Patrons of Campus Recreation are welcome to use the locker room and restroom space where they feel most comfortable, and that corresponds with their gender identity. An individual's gender identity is not always consistent with what some people expect to see in traditional physical presentation or appearance. This can include clothing, hairstyles, make-up and/or body parts. All students and patrons retain the rights of privacy as well as physical and emotional safety.

## Equipment Checkout

- You need your TSU ID/Rec Card to checkout equipment. Items can be checked out at the Membership Services Desk, Weight Room Desk, Aquatics/Outdoor Resource. If you lose, steal, damage, or just don't return the item you checked out, you will be asked to pay for it.
- Payments can be made at the Membership Services Desk. Your account will be placed on an academic hold through fiscal services until item is received or payment made.

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## Gymnasium

- You can definitely show your skills and dunk, but please do not hang on the rims.
- These areas may be unavailable for Informal Rec during scheduled Intramural Sports events, Club Sports activities and special events.
- The courts are available for a variety of activities (basketball, badminton, volleyball, indoor soccer, etc.).
- Please refer to our [Facility Hours](#) for regularly scheduled events.
- To request nets, balls, etc., please visit our Equipment Service Desk Rm. 132.

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## Weight Room

- Utilize our FREE towel service (or bring your own) while working out.
- Use of chalk is prohibited.
- For your protection, please utilize our cleaning towels and spray before and after you use equipment/machines.
- Please keep walkways open and avoid working out directly in front of weight racks.
- Collars are required for barbell lifts.
- Spotters are recommended when lifting free weights.
- Please don't move/remove or rearrange any of the equipment.

- Please return equipment to its proper location and re-rack plates.
- For your safety and those around you, maintain control of your weights. Don't drop/throw weights.
- Bumper plates are ONLY allowed on the powerlifting platforms.
- Olympic lifts are only allowed on the powerlifting platforms.
- Personal Training may only be conducted by Campus Rec staff.
- Use equipment and machines the way they're intended.

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## Aquatics

- Enter and exit the pool from designated locations only.
- Swimmers are required to shower before entering the water.
- Swimming are permitted only when the Aquatic Center is open, and a lifeguard is on duty.
- Swimmers must wear a bathing suit. T-shirts, cut-offs, sports bras, thongs, sheer swimsuits, undergarments, etc. are not allowed.
- You must have on a shirt, shorts, and shoes before entering the Recreation Center. Please dry off completely before entering the Recreation Center.
- No person with sores, open wounds, or other evidence of skin disease is permitted to use the pool. Remove all band-aids before entering the pool.
- No hanging or pulling on lane ropes, backstroke flags, basketball goal or volleyball nets.
- No underwater swimming or breath holding for more than 30 seconds.
- All swimmers must be able to swim without aid in deep water and may be subject to a swim test. Lifejackets may be required depending on the lifeguard's discretion. Only U.S. Coast Guard approved lifejackets are permitted.
- Water basketballs, volleyballs, and water polo balls are only allowed in designated areas. They are not to be used as floatation devices or thrown at patrons.
- Food and drinks are not allowed, glass containers are strictly prohibited. Chewing gum is also prohibited in the Aquatic Center.
- No diving in water less than 7 feet deep.
- Spitting, spouting of water, profanity, running, roughness, and rowdiness will not be permitted in the pool.
- Swim lessons or other private instruction by Non-Campus Recreation staff will not be allowed.
- Additional policies may be implemented by the Aquatic Center staff for the health and safety of patrons.

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## Track

- Please adhere to the track's directional signals located on the digital clocks.
- Walkers and casual joggers should utilize the outside lanes.
- Exercise equipment is not allowed on the track.

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## Studio

- Studio entrance is only allowed during designated activity times (eg: Group Exercise classes) or upon request.
- Please place your belongings in the designated storage areas.
- Utilize our FREE towel service (or bring your own) when participating in Group Exercise classes.
- Entry into Group Exercise classes is first-come, first-serve.
- There are capacity limits that staff will enforce.
- Ten (10) minutes after class start time, the class will be closed.
- If you are in a studio during class time, you must be participating.
- Class formats and/or instructors can be adjusted as necessary.
- Clean and return equipment to its proper location after class.

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## Outdoor Pursuits Trips - Policies and Logistics

### Payment

- Personal checks, Visa, MasterCard, American Express, Discover and cash are acceptable forms of payment.
- Campus Recreation Members pay a subsidized rate, while non-members pay an unsubsidized rate. Members may bring one non-member guest, 18 or older, on a trip.
- Full payment and all paperwork must be received by the registration deadline for all trips.
- All Trips and Clinics which are free of charge, but which require pre-registration will occur a \$20 No Show Fee if you fail to attend or participate.

### Refunds, Cancellations and Transfers

- Cancellation dates vary for each trip. The cancellation date is the date after which no refunds will be given. This is typically the pre-trip and registration deadline date.
- Transfers may be made to another available activity at full value if done before the cancellation date. No transfers will be granted past the cancellation date.
- All refund request requires the participant to come to the Member Services desk and fill out a Trip Refund Form. Refunds process will be administered based on pay method.
- If you are unable to participate fully in a trip due to inadequate fitness or undisclosed conditions, your course fee will not be refunded.
- TSU Campus Recreation and Outdoor Pursuits reserves the right to cancel the trip due to insufficient registrations, inclement weather or other unforeseeable circumstances. If such a cancellation is necessary, the participant may choose between transferring to another available activity or being issued a full refund.

## **Medical Insurance**

- The Texas Southern University and Campus Recreation cannot be held responsible for any injury, property loss or damaged equipment while participating in an Outdoor Pursuits activity.
- All participants must be covered by medical insurance.

## **Pre-Trip Meetings**

- Pre-trip meetings are mandatory for all participants and meet in the designated location of the Rec. Center. Consult your trip confirmation for times and locations.
- Participants who do not attend the pre-trip meeting for the trip they are registered for will forfeit their spot on the trip and will not be eligible for a refund.
- Waitlisted participants should attend the pre-trip meeting and will be awarded a spot if other registered participants do not show.

## **Physical Fitness**

- All trips require varying degrees of physical fitness. We are not qualified to evaluate your fitness level so you must evaluate your fitness level as appropriate for any given trip. If you are unsure of your physical condition you should consult with a physician before the trip.

## **Dietary Preferences**

- If you have any special dietary needs or food allergies, please make them well known at the time you register for your trip. For example, if you are “vegan” or have some type of special dietary requirement you may be required to pay an additional food supplement fee. This fee will be used to purchase food specifically to meet your dietary preference or need. If you have any questions of concerns regarding menu planning and preparation, please contact us.

## **Understanding the Risks**

- Upon registering you will receive a detailed trip information sheet that includes departure/return times, location descriptions, a basic gear list and general trip logistics.
- The Outdoor Recreation Program staff makes every effort to provide you with an enjoyable trip. You will assume the responsibility for many decisions affecting yourself during the activity, however, the trip leaders have final authority and will not hesitate to dismiss those whose conduct is detrimental to themselves, the group or the activity site.
- Participants should be aware that outdoor activities can be physically demanding with inherent elements of risk and danger beyond our control. These risks include but are not limited to the potential for accidents or illness while traveling to and from the activity sites, or while participating in activities in rugged mountain, wilderness and river terrain. While we do not assume liability for personal injury or death, every effort is made to minimize these risks.