

## **SURF CENTER POLICIES**

### **A. User Conduct**

All users are expected to adhere to the policies and procedures approved for the Recreation Center as well as BU rules and regulations. Lack of cooperation in adhering to the rules governing the center and its programmed activities will result in administrative action and possible disciplinary action, including removal from the center and or cancellation of use privileges.

### **B. General Facility**

1. Only current BU students, faculty, staff, and SuRF members with a valid BU ID have facility access. ID cards are non-transferable and may only be used by their owner.
2. Consult a physician prior to engaging in physical activity. BU is not responsible for accidents or injuries that occur. Participants exercise at their own risk and are responsible for their own health and safety.
3. No children under the age of 18 are allowed to use the SuRF except when participating in approved BU sponsored camps.
4. Use of tobacco, alcohol, and/or drugs is strictly prohibited.
5. Water in a closed plastic container is the only drink permitted.
6. No food or chewing gum is permitted.
7. Cell phone use in locker rooms is prohibited.
8. Appropriate athletic attire must be worn at all times. Clothing must be free of zippers and metal studs that can puncture upholstered pieces of equipment. Jeans are not allowed, shirts must be worn and shorts must be an appropriate length.
9. Athletic shoes must be worn at all times. Sandals, open toed shoes, or non-athletic shoes may not be worn. Muddy or dirty shoes are not permitted.
10. Profanity or excessively loud/suggestive language is prohibited.
11. BU is not responsible for lost or stolen items. Secure all personal items in lockers with locks provided.
12. Wipe off equipment with provided gym wipes after every use.
13. For the consideration and hygiene of others please do not spit in drinking fountains or on courts.
14. Injuries, accidents, or equipment failures must be reported to the staff. It is recommended that you carry proper identification with you at all times in the case of an emergency.
15. Flyers and signs must be approved by the Director of Recreation prior to posting.
16. Animals are not permitted except for the express purpose of aiding persons with disabilities.
17. Use of bikes, strollers, rollerblades, and skateboards are prohibited inside the recreation center. .
18. Inappropriate use of equipment and horseplay is not permitted.
19. Bags, books, and personal items are not allowed in the fitness areas or courts.
20. University facilities are not to be used for private gain. This includes any private, coaching, training, lessons, etc. that are not BU sanctioned.
21. The use of the facility is considered a privilege. Participants are asked to respect the rights of other participants and display good sportsmanship and manners. Those who do not follow established rules may be removed from the facility and have their privileges revoked.
22. The Department of Recreation reserves the right to change and modify facility hours, equipment, policies, and procedures at any time.

### **C. Free Play Courts**

1. The gymnasium is primarily intended for basketball, volleyball, and court based sports. Other activities are permissible if considered safe and appropriate as determined by staff.
2. Participation is on a first-come, first-serve basis unless the courts have been reserved for intramural sports or academic classes.
3. For the consideration and hygiene of others please do not spit on the courts.
4. Hanging on the nets or rims is prohibited.
5. Use lockers/cubbies provided for personal items.
6. Equipment can be checked out at the main desk with a valid BU ID.

### **D. Indoor/Outdoor Tennis Courts**

1. Appropriate tennis attire is required.
2. Only non-marking athletic shoes are allowed.
3. Do not lean, hang, or push on nets.
4. Do not remove nets or modify equipment. Please ask a member of the SuRF staff to assist you with any equipment needs.
5. The tennis ball machine is for varsity athletic use only.

6. For the consideration and hygiene of others please do not spit on the courts.
7. The outdoor courts close at dark unless there is an authorized event scheduled.
8. Individual reservations can be made at the front desk for the indoor courts only. Outdoor court usage is on a first come, first serve basis.
9. All users of the tennis courts must check in at the front desk. Only current BU students, faculty, staff, and SuRF members can use the tennis courts.

#### **E. Fitness Center**

1. Do not attempt to use equipment if you are unfamiliar with proper usage. Please seek the front desk attendant for assistance.
2. Wipe off equipment after every use with gym wipes. Users are strongly advised for personal hygiene to use towels.
3. Use lockers/cubbies provided for personal items.
4. During peak hours, please limit use of cardio equipment to 30 minutes.
5. Do not leave equipment operating while unattended and stop the machine before stepping off.
6. Allow others waiting for weight machines to work into your rotation.
7. Do not drop weights on the floor.
8. Re-rack your weights.
9. Dumbbells and benches should not be moved from their designated area.
10. Remain five feet from mirrored walls during exercise. Please do not touch the mirrors.
11. All equipment must be used in the manner for which it is designated. Do not attempt to modify equipment.
12. Standing on benches and or equipment frames is prohibited.

#### **F. Group Fitness Rules and Etiquette**

1. Participants are highly encouraged to arrive to class on time. It is up to the discretion of the instructor whether or not to allow late comers entry into class. If you are late please warm-up prior to starting class.
2. New-comers please introduce yourself to the instructor before class starts.
3. Please use lockers/cubbies provided to store personal belongings. BU is not responsible for items left in the group fitness area that are lost or stolen.
4. Class entry is on a drop-in basis and is open on a first-come, first-served basis. Class size may be limited based on the instructor's discretion and equipment availability.
5. It is highly recommended that participants stay for the entire class to ensure proper cool-down. Please stay until the end of class as leaving early is highly disruptive to fellow participants. Consult with the instructor at the beginning of class if you need to leave early.
6. It is highly recommended that participants bring water in a closed plastic container to class. This is the only drink permitted in group fitness classes.
7. Equipment (hand weights, bands, steps, etc.) utilized during class must be returned and may not be taken out of the group fitness area for individual use. Equipment from other areas may not be brought into group fitness classes.
8. Participants are encouraged to bring a towel to all classes.
9. Appropriate clothing and clean non-marking athletic shoes must be worn at all times unless otherwise stated for specific classes. No jeans, sandals, or non-athletic shoes. Please change into shoes prior to entering class.
10. Please give the instructor your full attention during class. Avoid lengthy conversations and loud talking during class as it can be disruptive to fellow participants and the instructor.
11. Participants must comply with instructor requests. Instructors have authority over the group fitness area and equipment.
12. Participants must show their group fitness pass to the instructor or student worker to gain entry into class.

#### **G. Locker Rooms and Showers**

1. Do not leave water running in shower area after you are finished.
2. Dry off in shower area.
3. Locks left on overnight will be cut off.
4. All contents must be removed daily from lockers. Items left overnight will be placed temporarily in a lost and found box located at the main desk. Lost and found items will be donated to charity on a quarterly basis.
5. Do not leave personal items unattended in the locker room. BU is not responsible for lost or stolen items.
6. Locks may be checked out for free at the front desk.
7. Cell phone use is prohibited.

#### **H. Weight Room**

1. Do not attempt to use equipment if you are unfamiliar with proper usage. Please seek the weight room attendant for assistance.

2. All equipment must be used in the manner for which it is designated. Do not attempt to modify equipment.
3. Wipe off equipment after every use with gym wipes. Users are strongly advised for personal hygiene to bring their own towels.
4. Allow others waiting for equipment to work into your rotation.
5. Use lockers/cubbies provided for personal items.
6. Re-rack your weights.
7. Do not drop weights on the floor.
8. Use of collars is mandatory on all free weight bars.
9. Do not prop weights up against the walls, mirrors, pillars, or doors.
10. Equipment should not be moved from its designated area.
11. Remain five feet from mirrored walls during exercise. Please do not touch the mirrors.
12. All equipment must be used in the manner for which it is designated. Do not attempt to modify equipment.
13. Standing on benches and or equipment frames is prohibited.
14. Please use spotters for free weights and heavy lifts. Staff members are not required to spot.
15. Chalk will not be provided.