Guidelines for Use of Turner Center & South Campus Recreation Center

Turner Center & South Campus Recreation Center (SCRC)

ACCESS

1. Both recreation centers are single entry/exit facilities unless in an emergency. Entry and exit must always be through the turnstiles.

2. *Note:* If an individual attempts to use an ID other than his/her own, the ID will be confiscated and sent to the Office of Conflict Resolution and Student Conduct. (University of Mississippi Policy Code DSA.200.001).

ACTIVITIES

1. Use of the recreation centers is for academic and recreational purposes only.

2. Private coaching and instruction for personal gain is not permitted.

3. Portable stereos/speakers are prohibited. Patrons must use personal music players with headphones.

ATTIRE

1. Appropriate workout attire must be worn when using an activity area.

2. Proper athletic shoes and clothing are required.

3. Shirts must be worn at all times in all activity areas (exception: natatorium).

BICYCLES, etc.

1. The use of bicycles, roller skates, roller blades, hoverboards, and skate boards are prohibited in the recreation centers.

CHILDREN

1. To use the Turner Center or the SCRC without a parent or adult supervision, the individual must be at least 18 years of age.
2. Children under the age of 16 may use all activity areas provided he/she is accompanied by a parent or other adult, with the exception of the fitness center/areas. Children under the age of 16 will not be permitted in the fitness center/areas with or without parent or adult supervision.

3. A parent or adult supervisor must remain in the same activity area with child(ren) who are less than 12 years of age.

4. Children 6 years of age and under may use the pool, but the parent or adult supervisor must be in the water with the child.

5. Children 6 years of age or older may not use the locker room facility of the opposite gender.

CLOSURES

1. Facilities may be closed and/or reservations canceled when warranted (special campus events, intramural sports, sport clubs, camps, maintenance, inclement weather and other events/factors determined by Campus Recreation).

2. During official university holidays and breaks, the Turner Center and/or the SCRC may have abbreviated hours or may be closed in its entirety. There are times we may have to close the facility or an activity area with little or no advance notice.

FOOD/DRINK

1. Food and tobacco products are not allowed in activity areas.

2. Water or sports drinks must be in a closeable plastic container and are permitted in certain activity areas.

PARKING

1. Campus Recreation memberships do not include a parking permit. The Department of Parking and Transportation office is located in the SCRC.

2. Questions or concerns regarding parking must be brought directly to the attention of the Department of Parking and Transportation at 662-915-7235 or parking@olemiss.edu.

ANIMALS
1. Pets, other than service animals, are not allowed in either recreation center.

2. Appropriate identification for a service animal must be visible and documentation must be provided if requested by a Campus Recreation employee.

**POSTED RULES**

1. Specific policies and regulations are posted at the activity areas. Verbal instructions from campus recreation staff are for the safety and security of all patrons.

**Fitness Center/Fitness Areas**

1. Patrons must be 16 years of age to use the fitness center/areas.

2. Proper athletic clothing and shoes are required. No jeans, jean shorts or clothing with rivets are allowed as they may damage the upholstery. Sandals, flip-flops, open-toed shoes, open-heeled shoes and boots are also prohibited.

3. Participants must wear a shirt at all times that covers the torso, rib cage, and midriff. Shorts must have at least a 2-inch inseam. This policy is designed to minimize skin contact on pads, mats, and other areas to help prevent the development and spread of MRSA and other infections. Patrons are expected to disinfect equipment after each use.

4. Personal property such as bags, books, keys, and other belongings are to be secured in the day-use lockers. Neither the Department of Campus Recreation nor its employees will be responsible for lost or stolen property.

5. No food or tobacco products are allowed in the fitness areas. Water or sports drinks will be permitted in closeable plastic containers only.

6. All dumbbells, bars and free weights must be returned to their original and proper place immediately after use.

7. Do not lean bars or weights against walls, mirrors or equipment. Also, do not drop dumbbells or weights on the floor or release machine weight stacks to “free fall” into their original position.
8. Weight belts are not to be worn when using any equipment where the belt buckles may damage upholstery.

9. Cardiovascular equipment is on a first-come, first-served basis. There is a 30-minute time limit on all cardio equipment when there are patrons waiting.

10. Patrons should wipe down all equipment after use.

11. Any equipment removed from the fitness areas should be returned immediately after use. No equipment may be removed from a facility unless it is under the supervision of a personal trainer.

12. Only personal trainers employed by the Department of Campus Recreation are allowed to train clients in either facility.

13. Patrons should report any injuries or facility/equipment irregularities or malfunctions to campus recreation staff.

14. Patrons should always exercise within their known personal fitness levels.

15. Collars are required for use on all plate-loaded barbells.

16. Spotters are recommended for all free-weight exercises. A fitness center supervisor will spot anyone needing a spotter.

17. Olympic or explosive weight lifting is strongly discouraged. The campus recreation team reserves the right to ask patrons to discontinue any lifting fitting this description.

18. Patrons are expected to exhibit proper conduct and respect the rights of others. Engaging in unacceptable, unsafe or inappropriate behavior may result in the loss of facility privileges.

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**Group Fitness and Studio Policies**

1. All patrons must sign an Informed Consent/Release of Liability form and present their Ole Miss ID with a current FIT sticker to participate in group fitness classes.

2. Patrons must be at least 16 years of age to participate in group fitness classes.
3. Proper athletic clothing and shoes are required to participate. Sandals, flip-flops, open-toed shoes, open-heeled shoes, and boots are prohibited. You may not participate in classes barefoot, with the exception of yoga, pilates and aqua classes.

4. No food or tobacco products are allowed in the group exercise rooms. Water or sports drinks will be permitted in closed plastic containers only.

5. No patron arriving more than five minutes late for class will be allowed to enter.

6. No children are allowed in the group exercise rooms while a class is in session, even if a parent or guardian is present.

7. No unsupervised children are allowed in the fitness areas at any time.

8. Any equipment removed from the group exercise rooms should be returned immediately after use.

9. Indoor cycling bikes are not to be used by anyone except during indoor cycling classes.

10. Patrons should wipe down all equipment after use, including bikes and mats.

11. Patrons who have musculoskeletal limitations or injuries should notify the group fitness instructor prior to the beginning of the class.

12. Patrons should always exercise within their known personal fitness levels.

13. Please refrain from cell phone usage and all other disruptive behaviors during class. Instructors reserve the right to ask patrons to leave should their behavior fit this description.

14. A minimum of three patrons is needed for a group fitness class to be held.

15. Patrons are expected to exhibit proper conduct and respect the rights of others. Engaging in unacceptable, unsafe or inappropriate behavior may result in the loss of participation privileges.

**Gymnasium Policies**

1. Proper athletic clothing – shirts must be worn – and non-marking shoes are required.
2. Personal property such as bags, books, keys, etc. is to be secured in the day-use lockers.
   Neither the Department of Campus Recreation nor its employees will be responsible for lost or stolen property.

3. No food or tobacco products are allowed in the gymnasium areas. Water or sports drinks will be permitted in closeable plastic containers only.

4. Reservations have priority on the courts. Participants play on a “first-come-first-serve” basis when courts are not reserved. In most cases, there will at least one court available for open recreation use.

5. Patrons may check out equipment at the Control Desk with their ID card, and should understand their responsibility for returning the equipment in good condition.

6. Patrons should report any injuries or facility/equipment irregularities or malfunctions to the facility manager on duty.

7. Patrons should always participate within their known personal fitness and skill levels.

8. Patrons are expected to exhibit proper conduct and to respect the rights of others at all times. Engaging in unacceptable, unsafe, or inappropriate behavior/language towards an employee of Campus Recreation or Campus Recreation patron may result in the loss of facility privileges.

9. Sound systems are not allowed in the gymnasium unless previously approved by Campus Recreation staff for a special event. Patrons may use personal audio devices with headphones only.

10. In case of an emergency, please seek assistance from a Campus Recreation staff member.

**Natatorium Policies**

1. Swimming is permitted only when the pool is officially open and a lifeguard is on duty.

2. Lifeguards and Natatorium staff have the authority to enforce all pool rules. Patrons who repeatedly violate the rules or reasonable requests of the staff may be ejected from the facility.
3. Children under the age of 16 years old must be accompanied by a parent/guardian at all times.

4. Proper swim attire is required, no cut offs, or denim shorts.

5. Only Coast Guard approved personal flotation devices are allowed in the pool. Noodles, balls, or other toys may only be used for recreation.

6. Children who are not toilet trained must wear swim diapers.

7. Running, rough play, and personal conduct endangering the safety of self or others is prohibited.

8. Dives in 5 feet or less sections of the pool, backward dives, and or flips are not allowed.

9. Swimming under the bulkhead, hanging on lane lines and prolonged underwater swimming or breath holding, is not permitted.

10. Gum and Band-Aids must be deposited in the trash before entering the water.

11. Glass containers are not permitted in Natatorium.

12. All injuries should be reported immediately to the lifeguard.

**Guest Policies**

**After 1pm:**

- Guests are limited to 10 entries per semester (See posted dates for spring, summer, and fall semesters)
- Policy effective on weekdays and weekends

**Before 1pm**

- Guests may visit as often as they wish
- Policy effective on weekdays and weekends
NEW RE-ADMITTANCE POLICY

- There is no re-admittance of a guest once the guest departs the facility

SPONSORING A GUEST

A sponsor is:

- A current Turner Center member over the age of 18
- Any currently enrolled Ole Miss student

Current Ole Miss faculty/staff who are not members of the Turner Center are eligible to gain guest access using their Ole Miss ID card without a sponsor.

Soliciting to gain sponsorship for guest access is prohibited.

Sponsors are eligible to bring a maximum of two (2) guest(s) with each visit to the facility.

The sponsor is responsible for all actions (including damage) of his/her guest and must remain in the same activity area at all times.

A guest may not sponsor other guests.

STUDENTS

Currently enrolled students who forget to bring their Ole Miss Student ID card must:

- Have a sponsor (see sponsor information above)
- Pay the $5 daily guest fee at the Turner Center/$10 at the SCRC
- Show another form of photo identification
Students who are not currently enrolled in classes must:

- Have a sponsor (see sponsor information above)
- Pay the $5 daily guest fee at the Turner Center/$10 at the SCRC
- Show another form of photo identification

CHILD GUEST POLICIES

To ensure the safety of minors, any guest under the age of 18 must be accompanied and supervised by a sponsoring adult at all times. The sponsoring adult must remain in the same activity area* as the child. If the sponsoring adult leaves an activity area for any reason, guests under the age of 18 must leave as well.

*Same activity area examples:

- If a guest under 18 years of age is swimming, the sponsoring adult must be at least inside the natatorium.
- If a guest under 18 years of age is playing basketball in the gymnasium, the sponsoring adult must be in the gymnasium.
- If a guest under 18 years of age is in a racquetball court, the sponsoring adult must at least be in the racquetball court area.
- If a guest under 18 years of age is in the game room, the sponsoring adult must also be in the game room.

If a guest under 18 years of age is in the fitness center/areas, the sponsoring adult must also be in this area.

*NOTE: All fitness center/area patrons must be at least 16 years of age.
GUEST ACCESS

Guests must present a photo ID to be granted access.

Each sponsor and his/her guest(s) must completely read and sign a Guest Assumption of Risk and Release Form.

The $5 per guest fee is payable at the control desk in the Turner Center for access. The $10 per guest fee is payable at the SCRC control desk for SCRC access.

Accepted forms of payment include cash, check, Visa, MasterCard, or UM Express.

The guest(s) of a sponsor must keep the receipt with them while in the facility.

SPONSORED UNIVERSITY PROGRAMS

OLE MISS ALUMNI ASSOCIATION MEMBER

Members of the Ole Miss Alumni Association may use the Turner Center or SCRC by presenting their valid Alumni Membership Card, sign a release form and pay the $5 daily guest fee ($10 for use of the SCRC). Guests must present a photo ID to be granted access. Your receipt will allow you to access the facility throughout the day.

UNIVERSITY CONFERENCES AND WORKSHOPS

Individuals attending university-sponsored conferences and workshops may use the Turner Center or SCRC for recreational purposes once prior arrangements are made with the Department of Campus Recreation. If prior arrangements have not been made, then there will be a $5 guest fee paid with conference/workshop ID ($10 for use of the SCRC). Guests must present a photo ID to be granted access.
ORIENTATION PROGRAMS SPONSORED BY ENROLLMENT SERVICES

Parents attending an orientation program coordinated by Enrollment Services may use the Turner Center or SCRC without charge by presenting their Orientation name badge. **Guests must present a photo ID to be granted access.**

OLE MISS FAMILY ASSOCIATION (OMFA)

Members of the Ole Miss Family Association (OMFA) may use the Turner Center or SCRC without charge by presenting verification of OMFA membership upon entry. **Guests must present a photo ID to be granted access.** Members may use the facility during:

- On-campus football games – eligible to use on Friday and Sunday (facility closed on game day).
- Parent Weekend – eligible to use Friday through Sunday.
- Red/Blue Weekend – eligible to use Friday through Sunday.
- Move in/out Weekend – eligible to use Friday through Sunday (flexibility if they come during weekday).

THE INN AT OLE MISS GUESTS

Guests at The Inn at Ole Miss may use the Turner Center or SCRC by presenting their Inn at Ole Miss room card and paying the $5 guest fee ($10 for use of the SCRC). **Guests must present a photo ID to be granted access.** Children under 15 years of age must adhere to usage policies.