

## TENNIS COURTS

For use by Drexel individuals only; please be prepared to present valid ID upon request.

All structured group activity must be reserved through the Recreational Athletics Office & Event Services Office as necessary.

Tennis is only sport permitted. No in-line skating.

No food or drink on playing courts except water in a plastic bottle.

## CLIMBING WALL

Participants must be 18 years of age or older to participate without the written consent of their parent or legal guardian.

Staff must be present during the use of the wall.

All individuals must be approved by the Climbing Wall Director and staff for climbing access.

Number of climbers may be limited to ensure proper supervision.

Staff reserves right to refuse, suspend or terminate wall access to any individual for unsafe behavior (use of dangerous technique, unapproved activity, etc).

Climbing is a serious activity. Please visit the Climbing Wall location for specific rules and regulations governing your participation.

## LOCKERS & STORAGE CUBBIES

We offer both day lockers & rentables, as well as fitness area storage cubbies.

Day lockers and storage cubbies require you to bring your own padlock and are for day use only. Please remove after your workout. At closing, padlocks on day use & fitness cubbies will be cut off, items bagged, and placed into lost and found for one week, then discarded.

Lockers may also be rented for the year and are first come first serve. When lockers expire, locks will need to be cut off, items bagged and stored for one week, then discarded.

No playing or horseplay is permitted in the locker rooms.

Drexel is not responsible for any damaged property lost or stolen items.

Please report suspicious individuals or activity immediately.

In the Daskalakis Athletic Center's locker rooms, please be cautious of wet floors from swimmers.

For privacy, **usage** of cell phones, cameras, and devices that capture pictures or video is prohibited while in locker rooms.

## FITNESS TRACK

Be conscious of track direction / running direction (clockwise or counter clockwise). This will vary to best maintain the track.

### TRACK DIRECTION:

**M-W-F-SU: counter-clockwise**  
**T-TH-SA: clockwise**

Track is 1/12 of a mile.

Railings are not to be used as stretching aid.

Do not block lanes & Please do not stretch in a lane.

No accessory equipment permitted (weights, physio-balls, etc). Do not carry anything that may obstruct another walking/running lane or injure another patron.

Track is not a viewing or spectator area for the gymnasium. Unless reserved for such. All individuals should be walking or jogging.

No group workouts (three or more).

Please use caution when entering and exiting the track. For safety reasons, please do not stop while on the track. If you need to rest, please do so in one of the corner areas.

For safety, do not "sprint" when track is crowded; track intended for general fitness jogging/walking and its size is not conducive for sprint workouts, relays, group workouts or the like.

As a general rule, slower walkers/runners should stay in the inside lane and allow faster walkers/runners to pass on the outside.

As a courtesy to others, avoid walking/running side by side; no more than two abreast permitted when crowded as this restricts traffic flow.

No food or drink (except water in a plastic bottle).

Proper athletic running shoes is required.

Be courteous and respectful of other runners

## ARMORY (BUCKLEY COURTS)

Must have valid Drexel ID to enter the facility.

No rollers sports are permitted.

No food or drink on the playing courts, except water in a plastic bottle.

No spitting on the courts; No profanity or rough play permitted.

Sports permitted include basketball, soccer, floor hockey, volleyball, badminton and tennis.

No roller sports with expressed approval of Recreational Athletics.

Shirts must be worn , including shirts over sports bras.

## BUCKLEY RECREATIONAL FIELD

Must have valid Drexel ID to utilize the Field. Anyone violating this policy will be removed by Drexel Police.

Proper athletic shoes must be worn and no metal cleats.

No food, drink, chewing gum, cigarettes etc permitted on the Field. No chairs or tables on the Field.

No pets permitted on the facility.

All structured group activity must be reserved through the Recreational Athletics Office & Event Services Office as necessary.

## BUCKLEY GREEN

For use by Drexel individuals only; please be prepared to present valid ID upon request.

No pets permitted on facility.

All structured group activity must be reserved through the Recreational Athletics Office & Event Services Office as necessary.

### A Message About Participant Safety & Responsibility

All participation is voluntary and participants assume all risks when they take part in any activity. It is the responsibility of all participants to verify their own health, accident and injury insurance status and to consult a physician prior to participation. The University does not provide health, accident and injury insurance for recreational activities.

In addition, we ask that participants report any concerns to Recreational Athletics Staff staff such as: unsafe facilities, out of order equipment, any leaks or spills, a member who is not feeling well, or having difficulty performing an activity, a member who is engaging in an unsafe activity, or any potential concerns you may have so that we may investigate.

Should an injury occur in the facility and/or during participation in any program, a facility manager will make arrangements for emergency transportation when appropriate. In case of facility emergency, fire alarm or the like, all facility users are to exit at nearest exit sign immediately.

This brochure is meant to provide a basic overview of area policies in our facilities that are formulated to ensure a safe, secure and comfortable facility for campus recreation experience. We reserve the right to add, delete or adapt a policy for the best interest of participant safety and facility management. Any questions, please contact Dan Simmons, the Senior Associate Athletic Director for Recreational Athletics at 215-895-2025 or des26@drexel.edu.

## DEPARTMENT OF ATHLETICS

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# RULES & REGULATIONS



Recreation Center

Daskalakis Athletic Center

Buckley Courts at the Armory

Buckley Recreational Field

Buckley Green

Tennis Courts



## FACILITY ACCESS

All individuals entering facility must produce valid Drexel University ID or Membership Card. ID must be taken out of wallet & presented to the front desk attendant. Attendant will scan card, verify identification for approved access and return card. ID cards are not transferrable to others. Any individuals sharing ID will be denied access, removed from facility and reported to Drexel Police and University Conduct Office. Entrance to facility only permitted at front desk. Students and Members may lose access privileges for any violations.

## UNIVERSITY POLICIES

All individuals and activities that occur in the complex are subject to all University policies at all times. Use of alcohol, tobacco, drugs or any illegal substances is prohibited.

## GENERAL AREAS

All users must abide by all posted regulations, signage and direction provided by facility/program management.

Bulletin boards and brochure racks in the facilities are maintained by the Recreational Athletics Office. If you are interested in having something posted or made available, you may submit to the front desk at the Recreation Center entrance.

All personal items must be stored in locker or cubbie provided.

No book-bags or extraneous items in hallways.

No activities (running, dancing, training, etc) may take place in hallways.

No video or photography without expressed approval by the Recreational Athletics Office (see the front desk).

Hallways/bathroom/locker rooms and stairwells should be presentable. Please report problems/needs and concerns.

Shirts must be worn at all times; sports bras may not be worn as stand alone shirts.

No audible music except for approval groups and provided entertainment.

All visitors welcome for tours or scheduled meeting, event or activity. However if wish to utilize facilities, visitors subject to guess pass policy. We do not allow spectators for practices or intramural activities, unless previously planned and approved by Recreational Athletics.

No skateboards, roller blades, or bikes are permitted indoors.

Lost and Found is located at the Daskalakis Athletic Center Front Desk.

All structured group activities must be scheduled through the Recreational Athletics Office.

## SWIMMING POOL

Swimming only permitted when lifeguard is on duty.

Lap swimming only, unless otherwise programmed. Lap swim using "circle swim" method.

No diving permitted. Usage of diving well prohibited.

Usage if starting blocks is prohibited.

No group activity (three or more individuals).

No underwater swimming or prolonged holding of breath by swimmers.

Swimsuits are required.

Persons who are "struggling" or do not demonstrate ability to swim safely will be asked to cease activity. We reserve the right to make this decision and do offer swim lessons.

No food or drink on pool deck, except water in a plastic bottle. No chewing gum allowed in pool or pool deck. No bottles, glasses or sharp objects around the pool.

## FITNESS FLOORS

Please treat all equipment with respect. Equipment may only be used for intended use. No weight slamming or forceful dropping of weights will be tolerated.

We ask users to be courteous and respectful of others; please allow others to "work in" or take a turn when doing multiple sets on strength training equipment. Please do not monopolize cardiovascular equipment (treadmills, bikes, rowers, steppers, cross trainers and the like) usage is to be limited to 30 minutes per person (honor code).

Wipe off all equipment with disinfectant and paper towels when you are finished. Please do not spray disinfectant directly on cardio equipment as it may damage the electronics.

No food, gum, or inhalants permitted on gym floors.

Ground based exercises including Olympic lifts performed from the floor and dead lifts may only be performed on platform(s).

No glass bottles or sharp objects are permitted in areas, except water in a plastic bottle.

No profanity, fighting, horseplay or other offensive or distracting behavior will be tolerated.

Use collars and "spotters" when weight lifting. Use of chalk or gripping powder is prohibited.

All plates and dumbbells are to be returned to appropriate rack when completed.

No standing on benches or frames of any equipment. No adding "tape" or any ancillary devices to equipment not provided. No stacking or placing of plates under equipment

Do not move equipment. Equipment must stay in designated areas.

DO NOT LEAN ON MIRRORS. Please keep plates, weights and dumbbells away from mirrors.

No personal training may be conducted on premises unless associated with Proactive Health programs.

Group workouts are prohibited. This includes varsity, club, organizations or the like. A group workout will be defined as three or more persons; following an instructor leader; in similar dress, etc.

Please refrain from cell phone use on fitness floors.

## DRESS CODE

No excessive dress permitted (overdressing for weight loss); no ski hats, over-layering, etc. We reserve the right to stop an activity if we suspect an individual is in violation of any rules.

Shirts must be worn at all times. Sports bras are not permitted as shirts but may be worn underneath. No changing in public areas.

Proper footwear is required. Must cover full foot (no sandals, flip-flops or the like).

Other prohibited clothing / attire:

- No denim jeans or belts.
- No pajamas, scrubs, khakis, hooded sweatshirts.
- No hats, boots, dress shoes or articles of clothing displaying profane images or language.
- No bare mid-drifts.

## GROUP EXERCISE / ACTIVITY ROOMS

Please bring a towel to class and clean the equipment after each workout.

Exercise classes are first come first serve. We reserve the right to restrict classes for students, faculty, staff and members only.

No fighting, wrestling, sparring or the like. No personal training unless through Recreational Athletics Office.

All activities are for students, faculty, staff, facility members, academic programs and recognized student organizations only. Coaches/instructors must be approved by the Recreational Athletics Office.

No food or drink in rooms. (plastic bottled water is permitted)

Proper (non marking) footwear must be worn.

Do not lean on mirrors.

Groups must submit requests for reserved time by week eight of the current term for the use during the following term.

Groups must maintain an average of ten participants in order to keep scheduling privileges for next term.

## SQUASH COURTS

Squash is the only sport permitted in squash courts.

Be courteous and do not monopolize courts. Please limit play to 1 hour when others are waiting to play.

Eyewear and squash shoes are required. (Squash Shoes are available to rent at the Equipment Distribution Room, but sizes are limited).

No food or drink permitted in the courts.

## GYMNASIUMS & COURTS

Basketball & Volleyball games subject to house game rules in order to allow all time to play:

### Basketball House Game Rules

Games played to 11, win by two, cap at 15.

Three pointers count as two point and two pointers count as one point.

Winning teams continue to play until they lose or choose to give up the court.

Winning team and "next team" must have 5 players ready to play at game time. Failure to be ready in timely manner will result in forfeiting the turn and placement at end of rotation.

A team may not have "next" on more than one court.

### Volleyball House Game Rules

Games played to 15 win by two; cap at 19.

Rally scoring for all games (point on every serve).

Winning teams continue to play until they lose or choose to give up the court.

Winning team & "next team" must have 5 players ready to play at game time. Failure to be ready in timely manner will result in forfeiting the turn and placement at end of rotation.

A team may not have "next" on more than one court.

Proper footwear must be worn at all times. NO STREET SHOES, WORK BOOTS or any other shoes that may mark the floor. Shirts must be worn at all times; includes shirt over sports bra.

No food/drink on the playing courts, except water in a plastic bottle.

Please use trash receptacles in these areas.

No personal "audible music." Personal music devices with headphones such as iPods are acceptable.

No group or structured activities unless approved and scheduled by the Athletics Department.