

GENERAL POLICIES

The following general policies are intended for the safety and enjoyment of the many students/faculty/staff that visit and utilize the HPER Center facilities throughout the year.

Eligibility

HPER Center members consist of the following: Current students, faculty and staff.

Employees of ARAMARK, Oxford American, and residents of College Square are eligible to use the HPER Center facilities, but must pay a fee.

The above may also enroll their spouse and dependent children (dependent children must be 18 years of age to use the HPER Center).

All eligible members must complete the following two items prior to using the facilities:

1. Complete the Informed Consent and Release of Liability Agreement (ICARLA), and receive a copy of the Physical Activity Readiness Questionnaire and You (PAR-Q).
2. Complete the Fitness Center/Weight Room orientation.

Entrance

a. Beginning January 11, 2010 the HPER Center policy regarding entry will be **NO ID NO ENTRY!**

Therefore, you must have your UCA ID to enter the HPER Center.

Our policy of allowing entry twice each semester without an UCA ID has caused abuses of our current check-in system. Our new **NO ID NO ENTRY** policy will decrease any safety or theft issues that may occur in the HPER Center. Please do not ask our student staff to allow you entry without your UCA ID, as that is asking them to go against their job responsibilities and HPER Center policy.

The HPER Center has installed four safety cameras in the hallways to better monitor the HPER.

b. Students enrolled and taking KPED classes will sign-in on the class roster provided at the Front Desk but will still need to present ID at the time of entry.

Accidents and Injuries

Participation in programs and services offered by the HPER Center is voluntary; individuals assume responsibility for their own safety and health. Individuals who intend to participate in vigorous activities should, for their own protection, have a physical examination to determine if they are physically able to participate. Medical insurance, which would cover expensed incurred by an injury, is strongly recommended. Report all accidents or injuries to the HPER staff.

Tobacco Products

Smoking and tobacco products are prohibited in the facility at all times.

Guest Policy

The HPER Center allows Student/Faculty/Staff to bring guests to our facility. Guest passes can be purchased in the HPER Center main office. [Please visit the link for more information.](#)

Lost and Found

The Equipment Check-Out Room has a lost and found area. If you have lost an item, please check here. Found UCA I.D. cards are kept at the Front Desk after the owner has been called.

Posted Rules

Posted rules and verbal instructions issued by supervisory staff will be strictly enforced.

Inclement Weather

The HPER Center may have altered hours because of inclement weather. Please refer to the “Inclement Weather Policy” link on the HPER Center page of our website.

Signs

Signs or posters will not be posted without the approval of the administrative staff.

Problems or Concerns

If you have a problem or concern, please contact a staff member for assistance.

Footwear

All HPER Center participants must wear athletic non marking footwear. 5-fingered shoes are permitted in the cardio areas and track only. They are not permitted in the weight room.

Shirts

Shirts must be worn in all areas unless recognition of a player by 'skin' is needed for a basketball game.

Area-Specific General Policies

Gymnasium (Courts)

No Dunking

Dunking and/or hanging from basketball rims is not allowed. Violators will be asked to leave the building.

Locker Room

There are small and large day lockers available to members in the locker rooms. Day lockers means that locks cannot be left overnight. Bring your own lock, the HPER Center does not supply locks. Bring your own towel for your shower. The HPER Center does not supply towels.

Track

Walkers use the inside lanes and runners on the outside lanes.

Walk or run in the direction of the arrow. The arrow is changed daily and is located at the entrance of the track just below the clock.

Game Area

All equipment for the gaming area will be kept at the equipment checkout desk and can be checked out on a first come first serve basis. Students, staff, & faculty must present a valid I.D. in order to checkout equipment. A time limit will be enforced if there are others waiting to play.