Recreation Center Rules and Regulations

RECREATION CENTER
- NAU ID cards must be used for facility access and equipment check-out.
- All personal belongings must be stored in the provided cubbies or lockers.
- Food and drinks are limited to lounge areas. Only water permitted in activity areas.
- Shirt and shoes required at all times throughout facility.
- For privacy and safety purposes, cell phone use is prohibited in all fitness areas, locker rooms and restrooms. Please use the designated lounge areas.
- Use of profanity or abusive language will result in loss of privileges.
- Gum is prohibited throughout facility.
- Immediately report all injuries and incidents to Campus Recreation staff to initiate an incident form.

CARDIO EQUIPMENT
- Please limit your cardio workouts to 30-minutes when others are waiting.
- Use designated cleaning supplies to sanitize equipment after use.
- Report all equipment issues to Campus Recreation staff.
- Direct all questions regarding equipment use to Campus Recreation staff.

CLIMBING WALL
- Always check in at the climbing wall desk prior to using the facility.
- NAU Outdoors Belay certification is required to belay.
- Only climbing equipment and water bottles are allowed in the climbing gym area.
- Shirt and shoes are required at all times.
- Only soft sole, closed toe and climbing shoes are allowed on the wall.
- Keep fingers out of bolt hangers and quick draws.

Bouldering Rules and Regulations
- Spotting and use of crash pads is highly recommended.
- Keep hands below the bouldering line.
- Topping-out on the bouldering cave is not permitted.
- Yield wall space to roped climbers.

COURTYARD
- Scheduled activities and events have priority.
Reservations are available with a minimum of two business days advanced request.
Non-scheduled times are open for informal use.
Proper fitness attire must be worn at all times.

**DAY USE LOCKERS**
- Lockers are designed for *day use only*.
- Lockers will be cleared at the end of each day.
  - Recreation Center is not responsible for cleared locker items
  - Retrieve items at the front desk
- Day Use Locker Directions:
  - Push the ‘C’ button to clear the code
  - Enter in your four digit code
  - Push the key image
  - To unlock, repeat steps
- Use Day Use Lockers at your own risk; Recreation Center is not responsible for lost or stolen items.

**GROUP EXERCISE**
- Scheduled activities and events have priority.
- Reservations are available with a minimum of two business days advanced request.
- Please wait for instructor prior to class entry.
- All personal belongings must be stored in the provided cubbies or lockers.
- Proper fitness attire must be worn at all times including non-marking shoes.
- Clip cycling shoes are only permitted on mat areas.

**RACQUETBALL COURTS**
- Eye protection is recommended at all times:
  - Eye protection is available for checkout at the Recreation Center front desk.
- Proper fitness attire must be worn at all times including shirts and non-marking closed-toed shoes.
- Use of profanity or abusive language will result in loss of privileges.
- Scheduled activities and events have priority.
- Reservations are available a maximum of two business days in advanced on the hour.
- Reservations are to be made through the front desk.

**TRACK**
- Walkers must use the outside lane; joggers/runners use the inside lanes.
- Prohibited activities on the track include:
  - Standing or blocking the lanes of the track
  - Watching first-floor activity from the track
• Throwing or dropping items from the track
• Inside lane – 10 laps = 1 mile.

OUTSIDE TRACK
• Must have NAU ID Card for facility re-entry.
• Food and drink limited to specified areas.
• Report all injuries and/or facility issues to Campus Recreation staff immediately.
• Scheduled activities and events have priority.
• Reservation statement…reserve through athletics?
• Track use limited to foot traffic and manual wheel chair use only.
• Field available to authorized users only.
• To reserved track or field contact 928-523-9471.

WEIGHT ROOM
• Only water is permitted in activity areas.
• All personal belongings must be stored in the provided cubbies or lockers.
• Proper fitness attire, including full-coverage shirts, must be worn at all times. The following items are not permitted:
  o Jeans, cargos, fatigues, BDU’s, belts
  o Cleats, spikes, dress, sandals, open-toed shoes
• Collars must be used at all times.
• Standing on benches, slamming/dropping weights, and leaning free weights against equipment, walls, or mirrors is prohibited.
  o Please return all equipment to appropriate storage.
• Chalk is prohibited.
• Use of profanity or abusive language will result in loss of privileges.
• Stretching is limited to designated areas.
• NAU ID cards must be used for equipment check-out.
• Olympic-style lifts are limited to the power cages. Olympic lifts include:
  o Cleans, clean and jerk, push press, and deadlifts
  o Only RDL Olympic lifts are permitted with dumbbells
• Personal Training in this facility is only available through Campus Recreation Services.
• Report all equipment issues to Campus Recreation Services staff.
• Direct all questions regarding equipment use to Campus Recreation Services staff.

GYM (MAC and South Gym)
• No dunking.
• Proper fitness attire must be worn at all times including shirts and non-marking closed toed shoes.
• Use of profanity or abusive language will result in loss of privileges.
- Scheduled activities and events have priority.
- Reservations are available with a minimum of five business days advanced request.
- Non-scheduled times are open for informal use.