

Vincennes University
Donald G. Bell
Student Recreation Center

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SUMMER 2023
(May 5th – August 13th)

HOURS OF OPERATION

(Announcements will be made prior to the actual closing of the facilities)

MONDAY - THURSDAY	8AM – 8PM
FRIDAY	8AM – 7PM
SATURDAY	10AM – 6PM
SUNDAY	12PM – 6PM

**Vacation/Holiday hours may vary and schedules will be posted on the MyVU website and on facility doors.
Special events/reservations must be approved through the VU Reservations online system.**

**STUDENT RECREATION CENTER
POLICIES & PROCEDURES 2023**

This campus recreation facility offers the students, faculty, staff, and guests of Vincennes University an outstanding opportunity to participate in a wide variety of indoor/outdoor recreational activities.

Statement of Objectives by Priorities

1. To provide health, physical education, and recreation classes for Vincennes University students.
2. To provide athletic opportunities for Vincennes University-sponsored athletic programs.
3. To provide informal and intramural recreational facilities for the University students, faculty, staff, and families.
4. To enhance the development and maintenance of individual physical fitness.
5. To provide facilities for Vincennes University sponsored activities.
6. To coordinate facility scheduling with public/community groups who request use of the P. E. Complex and associated facilities.

GENERAL POLICIES

The P. E. Complex and related areas are available without charge to the VU community as outlined below.

See Learning Resource Center (LRC) or Human Resources to obtain a valid ID if you do not already have one.

The Facilities Coordinator of Recreational Sports is responsible for scheduling all activities/areas within the PEC. Any person or group desiring to schedule any of the facilities should contact the office by calling 812-888-4957.

- A. **Students** – All students with a valid current VU Blazer One-Card. During summer months, students registered for the following VU fall semester will have access to the recreation facilities. Qualifying students have *occasional* Guest privileges (see item E).
- B. **Faculty/Staff** – currently employed full-time faculty and staff members and their spouse and dependent children have access to the recreation facilities with their proper VU ID Card. Dependents of full-time employees aged 18+ may use recreation facilities on their own. **Dependents under age 18 (including those confined to strollers) must be accompanied by parent ID holder at all times.** Qualifying faculty/staff have Guest privileges (see item E).
- C. **Retirees from full-time employment with VU** – Retirees who participate in the University health insurance plan have access to the recreation facilities, as well as their spouses and dependent children who participate in the University health insurance plan. Qualifying dependents aged 18+ may use recreation facilities on their own with valid VU ID. Qualifying dependents under age 18 (including those confined to strollers) must be accompanied by parent/grandparent ID holder at all times.
- D. **Board Members** – Current members of the University Board of Trustees and spouses of current members have access to the recreation facilities with appropriate valid VU ID.
- E. **Guests** – Guest privileges are available to qualifying full-time faculty and staff (see above item B). **Privileges are extended for an occasional guest. Guests must be age 18 or older** and they must be accompanied **at all times** during the visit by the student/faculty/staff member with a valid ID. All guests will sign in and present an ID upon entering recreation facilities.

EQUIPMENT CHECK-OUT

1. Equipment may be checked out of the Equipment Room (lower level) by presenting a current valid VU Blazer One-Card or current valid Faculty/staff ID.
2. A full array of equipment is available.
 - a. Locks, Towels, Basketballs, Footballs, etc.

PROPER ATTIRE

1. While using Recreational Sports facilities, proper attire is required for all males and females (full t-shirts, shorts, socks, sweats, warm-ups, jogging suits, etc.)
2. Proper footwear (clean, non-marking athletic footwear) must be worn at all times.

LOCKER USE

1. Two (2) locker rooms are located within the SRC.
2. These lockers are for DAY USE ONLY.
 - a. We encourage you to leave your valuables in a secure location under lock and key at home or in your vehicle out of sight. Vincennes University does not assume liability for items lost or stolen. Take appropriate steps to prevent theft of items.
3. For assistance, please refer to the front desk attendant. Patrons must only use the locker room of his/her own gender.

STEAM ROOMS

1. Steam rooms are located in the men's and women's locker rooms. Please consult a physician before using a Steam Room, especially if you have any health-related issues (history of heart disease, high blood pressure, respiratory disease, pregnancy etc.). Patrons must only use the steam room of their own gender.
2. For safety, 10-15 minutes is the maximum time allowed per session for healthy individuals. After exercise, allow a "cool down" period before entering the steam room and reduce your steam session time.
3. Users are required to sit on a towel. For your safety avoid skin contact with any surface.
4. Children over 14 may use the steam room with adult supervision.
 - a. Children 14 years of age and under are prohibited from using the steam rooms.
5. Avoid consuming food or alcoholic beverages before using the steam room. If any discomfort such as dizziness, nausea, hot or cold flashes, or headache develops, leave the steam room IMMEDIATELY.
6. Report any inappropriate activity to the nearest staff member immediately.
7. Do not prop open the steam room doors. Escaping steam may set off fire alarms.

TRACK AREA

1. The six lane indoor track is 200 meters in length in Lane #1.
 - a. No track spikes of any kind may be used on the indoor areas.
2. Please be considerate of others in the area to avoid collisions. Lap Distances are posted on wall.

ACTIVITY & COURT AREAS

1. There are four basketball courts, four volleyball courts, and two tennis courts painted onto the surface of the activity area. Other sports/activities could include soccer, Frisbee, football toss, whiffle ball, dodge ball, badminton, etc.
2. Please refrain from hanging on basketball rims or grabbing the basketball nets and swinging from them.
3. Courts A and B have tennis court lines.
 - a. During appropriate times an attempt will be made to make tennis available.
 - b. Equipment will be available for check-out.

FITNESS CENTERS

1. The Free Weights/Plate Loaded room has many stations available.
 - a. A full array of Magnum Equipment is available along with dumbbells and weighted bars.
 - b. Please wipe off equipment after use. Become familiar with each piece of equipment and have a working knowledge of each unit before using.
 - c. For safety, ask for assistance! Please set dumbbells on the ground – don't drop/throw.
2. The Selectorized and Cardio room contains 24 Magnum stations and 29 pieces of Cardio equipment.
 - a. In addition, there is a stretch room complete with medicine-balls, stability balls, abdominal benches, stretch trainer, back stretch trainers, heavy bars, gymnastic exercise/stretch mats, individual exercise mats, push up bars, weight dumbbells, and foam rollers.

REMINDERS

1. To enter and exit, use front entrance doors only. Proper ID is required for admission.
 - a. It will be scanned at the ID Desk.
2. Proper athletic attire required while using the facilities.
3. Clean, proper footwear is necessary to protect the floors.
4. No rollerblades, skateboards, or bicycles are allowed in any of the Recreational Sports Facilities.
 - a. ADA compliant scooters and service animals are welcomed.
5. Users are welcome to use audio devices for listening enjoyment.
 - a. However, **NO external speakers** will be allowed in any of the common areas of recreational facilities.
6. The Student Recreation Center, P. E. Complex, Aquatic Center, Beless Gym, Bowling Center, and Student Center are alcohol, e-cigarette and tobacco-free (smoking or chewing) facilities.
7. For everyone's safety, 16 video cameras are in use throughout the facility. Guard your valuables.
8. Remember your ID card, present it for scanning at the ID Desk each time you enter.