

Recreational Sports Policies

General:

- Food or drinks, except drinks in a sealable container, are not allowed in recreational activity areas.
- Proper footwear and attire is required. Each activity area has specific shoe and attire requirements. Please refer to activity area policies below.
- No animals other than service animals are allowed in any recreational facility.
- Bicycles, skateboards and roller blades are prohibited from the facility. Please see member services for details.
- All members of the Rec Center and guests are subject to the terms and conditions of Recreational Sports policies and procedures.

Facility Usage:

- All currently enrolled students, currently employed or retired faculty and staff, their spouses, sponsored adults and alumni are eligible to use the facilities during operating hours. Faculty/staff, retirees, their spouses, sponsored adults, continuing students and alumni must purchase a membership or a guest fee. Current and retired faculty and staff employees and currently enrolled students may sponsor one individual for membership defined as the Plus 1 membership type. Individuals must be 18 years or older at the time of membership, live full-time in the same residence as the sponsoring member during the term of the membership, and show written proof of eligibility and residence. Proof of eligibility and residence includes a current driver's license showing age and residence, a utility bill or bank account jointly reflecting the name of the member and person being sponsored, or marriage license. The sponsoring member must appear in person each time the membership is purchased or renewed to verify his or her agreement to sponsor the individual but does not need to be a current UNT Pohl Recreation Center member. Individuals who misrepresent their eligibility for membership or who sponsor an individual who is not eligible for membership will have their membership permanently revoked and be subject to disciplinary action. No refund will be given when a membership is revoked. Currently enrolled students, who pay the Rec Center fee, are automatically members of the Rec Center. All users must present a current UNT ID card to the Recreational Sports staff to gain access to any facility. Users are allowed to forget their ID card 3 times. Alumni must be current members of NT Exes and will be given a Rec Sports ID card. Members and guests are required to follow all posted rules.
- Dependent memberships: Faculty and staff, current and retired, students, and persons eligible for Plus One membership may also purchase a dependent membership for persons living at the same residence whose age is between 16 and 24. A birth certificate or legal proof of age may be required.
- Dependents (children, up to age 24, living at home) of currently enrolled students and current faculty and staff and spouses may purchase a daily guest pass. The student, faculty and staff member must be present to purchase and remain in the facility with the dependent.
- Sponsors are responsible for directly supervising minors (under age 16) while using the Rec Center. Failure to do so may result in loss of membership privileges.
- An adult sponsor may supervise unlimited family members and/or no more than two (2) other individuals under 16 years of age. Members and guests under 16 years of age may not use the climbing wall, aerobics, weight room/equipment, or racquetball courts. A parent or guardian over 18 must directly supervise individuals under 16 years of age when using the Rec Center.
- Children 4 years of age and younger may be in the locker room of the opposite sex only when under the direct supervision of a parent or guardian. Participants are encouraged to use the Family Restrooms located on the north side of the building.
- Guests of an eligible user may use the recreational facilities by paying a daily guest fee. All guests must be sponsored by an eligible user. The eligible user must present his/her UNT ID card to obtain the guest pass. The guest pass is valid only for the date listed on the receipt. The sponsor of the guest is responsible for the guest while using the facilities.
- Facility reservations may be made by calling (940) 565-2275. A minimum of 3 weeks is necessary to process a facility request.

Weight Room:

- Children under 16 years are not allowed in the weight room.
- Closed-toed athletic shoes are required. Flip flops, open-toed, open-heeled shoes are not allowed.
- A top must be worn in the weight room at all times.
- Collars are mandatory at all times on all Olympic and curl bars. Spotters are recommended.
- Rack weights and dumbbells when finished. Do not drop weights or dumbbells.
- Chalk is not allowed.
- Exercises that cannot be performed in a safe and proper manner or may pose a risk to others are prohibited; swinging of dumbbells and stacking of plyo boxes is not allowed.
- Equipment must remain in designated areas within the weight room. Kettlebells, battle ropes and jump ropes may only be used in the designated locations.
- Keep walkways clear. Users must move any item obstructing walkways and/or equipment at the request of Rec Sports staff.
- Wipe down machines after each use. Towels and cleaning solution are available throughout the facility.
- Drinks must be kept in a sealed container. Food and glass containers are not allowed.
- Only personal trainers employed by Recreational Sports may provide personal training services.

Racquetball Reservations:

- For your convenience, all court reservations may be made one working day in advance on a phone-in or walk-in basis at the Member Services Desk in the Pohl Recreation Center 940.369.8347. During racquetball hours, reservations may be made at the PEB racquetball courts or by calling 940.565.3409. Racquetball participants do not have to be a member of the Pohl Recreation Center in order to utilize the racquetball courts. Guests are free but must be accompanied by a UNT student or employee. Equipment may be checked out from the racquetball courts or in the Pohl Recreation Center.
- Only one reservation may be made per person per day. Reservations may be made for one hour.
- Reservations are subject to forfeiture if not claimed within 10 minutes of the reservation time.
- Racquetball court use is limited to users 16 years old and up.
- It is recommended that protective eyewear designed for racquet sports be worn at all times. Athletic shoes are required. Participation is at your own risk.

Equipment Checkout:

- Recreational equipment is available for checkout with a valid UNT ID card from the PEB racquetball courts and the Rec Center member services desk.
- Equipment is available for overnight checkout and must be returned in the condition in which it was checked out. A replacement fee will be assessed for any lost or damaged equipment.

Group Exercise Classes:

- Passes are available for purchase at Member Services for Group Exercise classes. Classes noted as Free on the Group Exercise schedule do not require a pass.
- Classroom doors are locked when class is scheduled to begin and no entrance will be permitted after class has started.
- Classes are subject to change or cancellation due to low participation.
- Group exercise participants must be Pohl Recreation Center members with a valid UNT ID or pay the guest fee.
- Participants must be at least 16 years of age and any member less than 18 years old must be accompanied by an eligible user at least 18 years of age.
- Passes will not be replaced if lost or stolen.
- Passes will only be honored for the semester in which they are purchased.
- Athletic shoes are required when using the group exercise rooms. Exceptions exist depending on class type.

Climbing Wall:

- Any climber wishing to purchase a semester pass, must take a Climbing Wall Orientation and/or pass a Skills Test. Talk with our staff for details.
- Members and guests must be at least 16 years of age to use the wall during the week. See our staff for details about family climb weekends.
- All climbers must sign an Indoor Climbing Facility Participant Waiver. Patrons under 18 must have the form signed by a parent or guardian.
- Patrons wishing to use a personal climbing harness must have their harness checked by staff prior to each use. Only personal harnesses, shoes and chalk bags may be used.
- No cell phones, food or drink inside the climbing area at any time.
- You must be a currently enrolled student or Rec Center member to purchase a Climbing Wall pass. Guests of Rec Center members may use the wall by purchasing a Rec Center guest fee and a Climbing Wall Day Climb.

Outdoor Pursuits Equipment Rental:

- All equipment is available to current UNT students, faculty and staff upon presentation of a current student or faculty/staff ID card. Guests are not allowed to checkout equipment.
- Reservations may be made in person up to 2 weeks in advance at the Outdoor Pursuits Center. The full rental fee must be paid upon making a reservation. Equipment not reserved is available on a first-come, first-serve basis and must be paid for in full at the time of rental pick up.
- Cancellations that occur within 24 hours from the rental date and time will receive no refund. Refund request instructions can be received in person at the Outdoor Pursuits Center or by calling 940.369.8349.
- Fees will be assessed at the current retail rate for repair or replacement of damaged or lost equipment. Equipment returned late will be charged an additional fee.
- No credit or refunds will be issued for items reserved but not used or for early returns.
- Individuals abusing equipment or not following procedures may be ineligible to rent equipment in the future.
- Please return equipment to the Outdoor Pursuits Center during normal operating hours. Equipment returned to other areas in the Pohl Recreation Center will not be accepted and will not be considered returned equipment.

Pool Rules

- Swimming is permitted only when a lifeguard is present.
- Children under 16 must be accompanied by parent or guardian.
- Shower before entering the pool.
- No excessive splashing or horseplay. No Running on decks. No diving.
- No food, gum, drinks (except those in a sealable container), or glass containers.
- Appropriate swim attire required. Toddlers and infants must wear swim diapers. No cut off jeans.
- People with open wounds or infectious diseases are not permitted in the pools or spa.
- No floatation devices allowed except those approved by the US Coastguard.
- Remove all band-aids and hairpins before swimming.
- The lifeguards have authority over all patrons regarding policy enforcement.

Spa rules

- Do not submerge head while in the spa.
- Senior Adults, pregnant women, and those with serious health problems should not use the spa before consulting a physician.
- Use the steps to enter and exit the spa. No jumping or diving allowed.
- Using the spa after consuming alcohol, drugs, or some medicines may be unhealthy.
- Do not stay in the spa longer than 15 minutes at a time. Long exposure may result in nausea, dizziness, or fainting.
- Children 5 and under may not use the spa, children under 16 must be accompanied by an adult.

Track Rules:

- Court shoes are required.
- Walkers must use the two inside lanes.
- Sprinting is not allowed.

For more information, please contact Recreational Sports at 940.565.2275 or 940.369.8347, stop by the Member Services Desk or visit us on the web at www.unt.edu/recsports.