

University of North Texas Recreational Sports

Facility and Program Area Policies

Updated July 2026

CONDUCT

Recreational Sports at the University of North Texas is committed to our participants' enjoyment, safety and well-being. To this end, the department will not tolerate theft, verbally abusive language, fighting or threats of physical violence, or harassment of any participants or staff. The department reserves the right to take necessary action to preserve the safety and integrity of its facilities, programs, participants and staff. Failure to abide by this accepted standard of conduct will result in loss of privileges for a period of time deemed appropriate by management and possible referral to the Dean of Students.

GENERAL

- Smoking, vaping, use of tobacco products, or alcoholic beverages are not allowed.
- All drinks must be in a sealable container. Food is not allowed beyond the ID checkpoint.
- Glass containers are not allowed.
- Photography and videos in locker rooms, restrooms and the aquatic facility is strictly prohibited.
- Only approved service animals are allowed in any recreational facility.
- Bicycles, longboards and scooters are prohibited in the facility. Skateboards must be able to be secured in a backpack or locker. Please see member services for details.
- Music played through open speakers, including headphones, is not permitted in the Rec Center.

FACILITY USAGE

- Currently enrolled students who pay the Rec Center fee are automatically members of the Rec Center. All currently enrolled students who are not paying the Rec Center fee or recently graduated the semester prior to wanting access are eligible to purchase a Student Pay membership.
- Currently employed or retired faculty and staff, their spouses, dependents and alumni/alumni association members are eligible to use the facilities during operating hours. Faculty/staff, retirees, their spouses, dependents and alumni must purchase a membership or a guest pass.
- All users must present a current UNT ID, Rec Sports membership card, or use the Rec Sports app to gain access to any facility. Users are allowed to forget their ID three times per semester.
- **Use of another members' ID is strictly prohibited and may result in loss of privileges.**
- Sponsors are responsible for directly supervising minors (under age 16) while using the Rec Center.
- Guests: Any member may sponsor up to three individuals per day. The guest fee for persons 16 and older is \$10 each. Individuals under 16 years of age are free. The member must be in the facility with the guest(s) at all times, directly supervise guests under 16 years of age and is responsible for their guest's conduct. Guests over 16 must provide photo identification (i.e. driver's license, school I.D.). The eligible user must present their UNT ID to obtain the guest pass. The guest pass is valid only for the date listed on the receipt.
- Members and guests under 16 years of age may not use certain facilities or programs. See specific program area policies below for more information.
- Children under the age of 5 may use either locker room of the opposite sex while under direct supervision.
- Facility reservations may be made by calling (940) 565-2275. A minimum of 3 weeks is necessary to process a facility request.

TRACK RULES

- No track spikes or cleats of any kind are allowed on the track.
- Please follow directional signage.
- Walkers use the two inside lanes.
- Spitting on the track is prohibited.
- No food, drinks, tobacco, or gum allowed (water bottles are allowed).

EQUIPMENT CHECKOUT

- Recreational equipment is available for checkout for current members and guests with ID from the Rec Center member services desk.
- Equipment is available for overnight checkout. See member services for assistance.
- All equipment must be returned in the condition in which it was checked out. A replacement fee may be assessed for any lost or damaged equipment.

WEIGHT ROOM

- Patrons are encouraged to clean equipment before and after each use.
- Children under 16 years of age are not allowed in the weight room or on any fitness equipment.
- Closed-toed athletic shoes are required to work out in the weight room or to use any cardio equipment. Flip flops, open-toed, and open-heeled shoes are not allowed (Example: Crocs).
- A top must be worn in the weight room at all times.
- Collars must be used on all bars when loaded with weight plates.
- Spotters are recommended.
- All equipment must be returned to its proper location after use. This includes dumbbells, plates, kettlebells, handles, etc.
- Weights and dumbbells should be lowered to the ground in a controlled manner. Dropping of barbells, dumbbells, and kettlebells is not allowed.
- Chalk is not allowed.
- Exercises that cannot be performed in a safe and proper manner or may pose a risk to others are prohibited.
- Walkways must remain clear of all personal belongings. Users must move any item obstructing walkways and/or equipment at the request of Rec Sports staff.
- Only personal trainers employed by Recreational Sports may provide personal training services.
- All Olympic lifts are prohibited (clean, jerk, snatch).
- Hand wraps or boxing gloves are required when using the boxing bag.

PERSONAL TRAINING

- **Eligibility:** Participants must have a valid UNT Recreational Sports membership to participate in Personal Training sessions. This requirement applies year-round, including during summer.
- **Purchasing Sessions:** Personal Training packages can be purchased through the UNT Rec Sports app or online at my.recsports.unt.edu. Participants may also visit the Pohl Recreation Center Membership Services Desk during regular operating hours for assistance with purchasing sessions.
 - Personal Training sessions are 50 minutes in length and must be paid in full before training begins. New clients will receive a complimentary initial consultation with the purchase of a Personal Training package.
- **Health & Safety:** All participants must complete the required health screening (PAR-Q) prior to beginning Personal Training. If the screening identifies risk factors related to cardiovascular, pulmonary, metabolic, or other health conditions, participants may be required to provide medical clearance from a physician prior to participation.
- **Scheduling & Trainer Assignment:** When purchasing Personal Training sessions, you may provide your preferred trainer. After your purchase is complete, you will receive a welcome email from the Fitness Department, and your assigned trainer will contact you directly to schedule your initial consultation and training sessions. All Personal Training sessions are scheduled directly with your assigned trainer and are subject to trainer availability. UNT Recreational Sports reserves the right to assign or reassign trainers based on scheduling needs, staffing availability, and overall program operations.
- **Cancelations & Rescheduling:** A minimum of 24 hours' notice is required to cancel or reschedule a session. Failure to provide adequate notice may result in forfeiture of the session, with no reimbursement or make-up session provided. If you are unable to contact your trainer directly, please contact UNT Rec Sports at 940-565-2275 for assistance.
- **Trainer Cancelations:** If a trainer must cancel a scheduled session, reasonable efforts will be made to reschedule the appointment at a mutually convenient time. Participants will not lose a session due to a trainer cancellation. If your trainer cancels a session with less than 24 hours' notice or you experience ongoing scheduling concerns, please contact the Fitness staff member who sent your welcome email.
- **Attendance & Late Arrivals:** Participants are expected to arrive on time for all scheduled sessions. Sessions will end at the originally scheduled time and will not be extended due to a late arrival. Arriving more than 15 minutes late or missing a session without proper notification may result in forfeiture of that session.
- **Appropriate Attire:** Participants should wear appropriate athletic attire and closed-toe/closed heel athletic shoes for all Personal Training sessions. Participants are encouraged to bring a towel and water bottle to each session. Glass bottles are not permitted in the facility.
- **Facility Expectations:** Participants must follow all UNT Recreational Sports policies, procedures, and staff instructions while participating in Personal Training sessions. Participants are expected to maintain a respectful and professional environment during all interactions with Rec Sports staff and other facility users.

- **Program Scope:** Personal Trainers provide exercise instruction, guidance, and motivation to help participants reach their fitness goals. Trainers do not provide meal plans, diagnose medical conditions, prescribe treatment, or provide rehabilitation services.
- **Session Expiration, Transfers & Refunds:** Personal Training sessions must be used within one year of purchase. Any unused sessions remaining after one year will expire. Sessions are non-transferable and may only be used by the individual who purchased them. Personal Training sessions are non-refundable, and unused or expired sessions will not be reimbursed.

GROUP FITNESS CLASSES

- **Eligibility:** Participants must be 16 years of age or older and have a valid Pohl Recreation Center membership, a Faculty Staff Free Week membership or purchase a guest pass to attend Group Fitness classes.
- **Cost:** Beginning Fall 2026, all Group Fitness classes are FREE for participants with a valid Pohl Recreation Center membership, a Faculty Staff Free Week membership, or those who purchase a guest pass.
- **Registration:** Advance registration is encouraged for all Group Fitness classes and can be completed through the UNT Rec Sports app or by visiting my.recsports.unt.edu/. Walk-in participants are welcome on a first-come, first-served basis as space permits.
- **Arrival & Late Entry:** Participants are encouraged to arrive 5–10 minutes before class to check in and prepare for the workout. Studio doors will remain unlocked until 5 minutes after the scheduled class start time. After the 5-minute grace period, participants will not be admitted to minimize disruptions and maintain a safe environment. Instructors will make one final check for registered participants before locking the studio.
- **Walk Up Policy:** Participants who are not registered for the class can be admitted into the class at the start time if space allows. Registered participants who have not checked in by this time will lose their reserved spot but may still join the class if space allows.
- **Appropriate Attire:** Participants should wear appropriate workout attire for each class. Closed-toe athletic shoes are required for most Group Fitness classes. Certain formats, including yoga and Pilates, allow participants to remove their shoes. Please follow the instructor's guidance for the specific class.
- **Class Changes & Cancellations:** Group Fitness classes are subject to change, substitution, or cancellation due to instructor availability, facility needs, or low participation.

CLIMBING WALL

- Members and guests must be at least 16 years of age to use the climbing wall during the week. See our staff for details about family climb weekends.
- You must be a currently enrolled student or Rec Center member to purchase a climbing wall membership. Guests of Rec Center members may use the climbing wall by purchasing a Rec Center guest pass and a climbing wall day pass.
- All climbers may rent UNT climbing equipment. Patrons may use their own harness, shoes, and chalk bag if each piece of equipment passes inspection by climbing wall staff.
- No food, drink, or personal items on the safe deck.
- Do not walk or climb under an active climber.
- No climbing past the first quickdraw without being clipped in.
- Do not touch quickdraws unless lead climbing.
- A UNT skills test is required to belay.
- If issues arise, the supervisor can ask participants to leave.

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. Guests are not allowed to check out 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-served 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.
- 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.

AQUATIC FACILITY RULES

- Swim only when a lifeguard is on duty.
- Persons under the age of 16 may not be in the pool without adult supervision.
- Appropriate swimming attire required. Appropriate is defined as clothing that is designed for use in the water; specific items are listed below for reference. This list is not exhaustive, and management reserves the right to determine whether swimwear is appropriate.
- Allowed:
 - Women's one- and two-piece bathing suits
 - Men's jammers or speedo
 - Board shorts
 - Rash guards
 - Religious swimwear (ex. burkini)
 - Dri-fit clothing
- Not allowed:
 - Cutoffs or clothing with loose threads
 - Bathing suits that do not have proper coverage (ex. thong and cheeky bottoms or transparent items)
 - Undergarments (ex. underwear, bras, compression shorts, boxers, briefs, etc.)
- Infants and toddlers must wear swim diapers.
- Cloth diapers are acceptable and permitted as long as they are covered by watertight pants.
- Changing diapers within 6 feet of the pool is prohibited.
- Food is not allowed in the pool area. Water is permitted.
- Glass items are not permitted in pool area.
- Showering before entering the pool is recommended.
- Hanging on lane ropes is not permitted.
- Diving, running, spitting, shoving, profanity, or throwing objects is not permitted.
- Backflips or backward jumps off the side of the pool are not permitted.
- Only US Coast Guard approved floatation devices are permitted.
- Extended breath holding activities are prohibited.
- Please do not swim if you have been ill with diarrhea within the past 2 weeks.
- Lifeguards have the final authority regarding policy enforcement.
- Lifeguards reserve the right to administer swim tests as necessary. For swim test information visit the Aquatics homepage at recsports.unt.edu/programs/aquatics.

WARANCH TENNIS CENTER POLICIES

- Courts are available for use by students, faculty, staff, and Pohl Recreation Center members. All users must have a UNT ID, Rec Sports membership card, or use the Rec Sports app.
- Courts will remain locked except during supervised use times.
- Tennis equipment is available for checkout with a valid UNT ID, Rec Sports membership card, or use the Rec Sports app.
- Activities other than tennis are not permitted.
- Athletic shoes are required.
- Food or drinks are not allowed except for water.
- Glass containers are not allowed.
- In case of inclement weather, play may be stopped and the tennis courts may be closed.
- In case of an accident or emergency, contact the staff located in the pro shop.

CANCELATION & REFUND INFORMATION

Membership Cancellation Policy

Recurring Credit Card Payments:

Cards will be charged on the first of each month. Cancellation requests must be submitted by 5pm on the last day of the month. For example, if the charge date is 10/1, then the cancellation request must be submitted by 5pm on 9/30. Cancellation requests made after 5pm on the last day of the month will result in the credit card on file being charged.

Payroll Deduction:

The membership fee is pulled from checks on the first of each month and members will have access through the end of that month. In order for the membership fee to not be deducted on the first of the next month, cancellations must be received by

5pm on the 17th of the month. For example, cancellation requests for 10/1 must be received by 5pm on 9/17. Any cancellation request received after the 17th of the month will result in the membership fee being deducted on the first of the next month.

To cancel a membership, please visit recsports.unt.edu/memberships and fill out the **cancellation form** located near the bottom of the page.

Refund Policy

Refunds will be considered on a case-by-case basis. All approved refunds will be processed by the method below that corresponds to your original purchase:

- Credit card purchases will be refunded to the original card used at the time of payment.
- Cash and check payments will be refunded via campus issued check and may take up to 30 days to process.

Please note: recurring monthly memberships, personal training, and climbing wall passes will not be refunded.

To request a refund, please visit recsports.unt.edu/memberships and fill out the **refund form** located near the bottom of the page.