

Campus Recreation Handbook



Boise State Campus Recreation

Campus Recreation Handbook Outline

FY22

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Campus Recreation Facilities

Section 1: Introduction and General Department Information

1.1 Contact Information

Physical Addresses

- Student Recreation Center - 1515 University Drive

Mailing Address

- Boise State University Campus Recreation
- 1910 University Drive
- Boise, ID 83725-1711
- <https://www.boisestate.edu/recreation/>

Phone Number

- Main Line: (208) 426-1131

1.2 Department MVV

Mission

- We build an engaged community that encourages healthy, active people and enhances student success.

Vision

- As a result of our work, every Boise State student is more self aware, community oriented, and prepared to change the world.

Values

- We keep students at the forefront of our decision making. We work to get to Yes.
- We believe our community is strengthened when all people are celebrated for being their authentic selves.
- We remove barriers, bring people together, and foster community.
- We believe that maximizing the student experience is our greatest investment.
- We believe students deserve our best effort. Every time.
- We support the academic endeavors of students and prepare them for success beyond the classroom.

1.3 Overview of Facilities

Campus Recreation operates in four different facilities on the main campus. Information on Campus Recreation Facilities can be found [here](#).

Student Recreation Center

- Address: 1515 University Drive, Boise, ID 83725
- Description: This is the home facility for the Department of Campus Recreation and the main location for Campus Recreation programs and services. All Campus Recreation professional staff offices are located in this facility.

Lincoln Turf Field

- 1770 Belmont Street, Boise, ID 83725
- Description: Outdoor turf field that is scheduled by Campus Recreation.



Intramural Field

- Address: Bronco Lane, Boise, ID 83725
- Description: Outdoor grass field that is scheduled by Campus Recreation.

Bronco Gymnasium

- Address: 1404 Bronco Ln, Boise, ID 83706
- Description: This is a shared facility between Athletics, Kinesiology, and Campus Recreation.

Caven-Williams

- Address: 1201 W Cesar Chavez Ln, Boise, ID 83706
- Description: This is a joint-use facility between Athletics and Campus Recreation.

Boise State Sand Volleyball Complex

- Address: 1104 S Oakland Ave, Boise, ID 83706
- Description: This is a joint-use facility between Athletics and Campus Recreation.

1.4 Overview of Programs

Campus Recreation offers several program areas. Information on Campus Recreation Programs can be found [here](#).



Section 2: General Membership Information

2.1 Memberships/Eligibility/Family Hours

Membership is required to use Campus Recreation's facilities. Membership privileges include use of all Student Recreation Center activity areas, public spaces, daily locker use, and group fitness classes.

- Full-Time student membership fees are included in the student activity fees for a full-time Undergraduate Student taking 11 credits or more during the current semester and six credits or more in the summer.
 - A full-time Graduate Student membership fees are also included in the student activity fees and someone taking nine credits or more during the semester and six credits or more in the summer.
 - Any student that is of full time or part-time status and does not pay into the activity fees (i.e., on a "fee waiver") can gain access to the Rec by purchasing a membership that correlates best with the membership category with which they belong.
- A Campus Recreation Membership can only be purchased if the person is actively affiliated with the University in some capacity

Boise State Students

FULL-TIME STUDENTS

- Full-Time student membership fees are included in the student activity fees for a full-time Undergraduate Student taking 11 credits or more during the current semester and six credits or more in the summer.
- A full-time Graduate Student membership fees are also included in the student activity fees and someone taking nine credits or more during the semester and six credits or more in the summer.

PART-TIME STUDENT

- Part-time students are not granted a membership automatically due to the fact they do not pay the full student activity fee.
- Part-time students are eligible to purchase a part-time student membership.

HEP STUDENTS

- Higher Equivalency Program (HEP) students are seen as part-time students at Boise State. During the semester, there are only 8 students fully in the program.
- The HEP program sends the Member Services Coordinator list of HEP students and MS Coordinator sets up their accounts within Fusion.
- HEP memberships are paid for by the program at the end of each semester

STUDENTS NOT PAYING INTO THE ACTIVITY FEE

- Any student that is of full time or part time status that does not pay fees or is part of an Alternative Fee Program can gain access to the Rec by purchasing a membership that correlates best with the membership category to which they belong.
 - Examples (Faculty/Staff enrolled in classes, Family of Board of Education members, Senior Citizen, ETC)

INTENSIVE ENGLISH PROGRAM STUDENTS

- Boise State University extends membership eligibility to students in the Intensive English Program.



Boise State Community

RECENT GRADUATES

- These are students who have graduated from Boise State and are eligible to purchase a membership for ONLY the first semester following graduation date.

FACULTY/STAFF

- Boise State University benefit-eligible faculty and staff can purchase a membership with the option of a term, annual, or payroll deduction

ADJUNCT FACULTY AND INSTRUCTORS

- Adjunct Faculty and Instructors are eligible to purchase memberships for the term of instruction.
- Memberships via payroll deduction are not available for adjuncts and part-time non-benefited instructors.

EMERITI

- Emeriti are former faculty/staff members officially recognized by the university with emeritus status can purchase the following memberships; term, or annual.

Student Non-Enrolled

- These students are eligible to enroll into classes but have not yet.
- These students are not eligible to purchase a day pass during the current semester unless they sign-up for classes.
 - Summer: Student non enrolled are eligible to purchase day passes given they are enrolled for the upcoming Fall semester

BOISE STATE AFFILIATES

- Individuals associated with Boise State University as board or advisory committee members, VIPs, contractors, volunteers, legislators, employees of agencies under the auspices of the State Board of Education, and who are not University employees or students.
- Affiliates requesting Rec Center services must have the sponsoring department on campus complete a [Request for Approval of Visitor and Affiliate Status and Services form](#).

ALUMNI ASSOCIATION MEMBERS

- Members of the Alumni Association are eligible to purchase a pass.
- To be able to purchase a Rec Center membership, you must show your alumni association card, receipt of purchase, or verification email.

VARSITY B

- Members of Varsity B club are eligible to purchase a pass.
- Varsity B is an organization for past BSU athletes

PRESIDENT'S CLUB

- Members of the President's Club are eligible to purchase a pass.
- President's Club is an organization for donors of the university

University of Idaho-Boise Students

- We have an MOU agreement with the University of Idaho (UI) to extend membership eligibility to full-time UI students who live in Boise.
- UI sends a list of eligible students each semester
 - Students on the list are eligible to purchase a membership
 - UI pays for a portion of their membership and the student will pay the rest.

Family Members

FACULTY/STAFF SPOUSE/PARTNER

- Faculty/Staff spouses and partners are eligible for a Rec Membership



- Faculty/Staff and required documentation must be present at the time of purchase.
- Faculty/Staff member does not need a Rec membership to purchase a spouse/partner membership

STUDENT SPOUSE/PARTNER

- Student spouses and partners are eligible for a Rec Membership
- Student and required documentation must be present at the time of purchase.
- Student must have an active membership with Campus Recreation

BOISE STATE COMMUNITY SPOUSE/PARTNER (NON-FACULTY/STAFF)

- Boise State Community member's spouses and partners are eligible for a Rec membership
- Boise State Community member and required documentation must be present at the time of purchase.
- The Boise State Community member must have an active membership with Campus Recreation.

BOISE STATE AFFILIATES SPOUSE/PARTNER

- Boise State Affiliate member's spouses and partners are eligible for a Rec membership
- Boise State Affiliate member and required documentation must be present at the time of purchase.
- The Boise State Affiliate member must have an active membership with Campus Recreation.

DEPENDENTS

- The dependents of any current member are eligible to purchase a membership through their guardian who has an active membership.
- The guardian of the dependent must be an active member with Campus Recreation.
- Dependents under the age of 18 years have restricted hours and facility access, and must follow our Family Hours and Dependent policies.
- These members must be accompanied by their guardian
- Their access will be restricted to certain times
- Dependents that are 18 years above are able to enter the Rec on their own and have their own ID card.

2.2 Spouse/Partner Memberships

Required Documentation:

1. Anyone seeking to purchase a Spouse/Partner membership are required to present documentation to verify they live in the same residence
 - a. Proof of common residence is required of both the sponsoring member and Spouse/Partner
 - b. Accepted forms of proof are:
 - i. Driver's license
 - ii. Lease agreement
 - iii. Marriage certificate
 - iv. Utility Bill
 - v. Pay stub dated within the last 30 days
2. Campus Recreation reserves the right to request/review additional forms or documents to verify proof of residence
3. Faculty/Staff may purchase a spouse/partner membership without having an active membership



- c. Student, Affiliate, & Community members must have an active membership to purchase a spouse/partner membership.

2.3 Daily Guest Pass

- Campus Rec Members may sponsor up to 2 guests per day
- All guests must be accompanied by their sponsor through the entirety of their visit
- New guests are required to have a photo ID with them and will have a profile created for them by Member Services which requires a photo to be taken
- Guest pass privileges include the use of all activity areas, daily locker use, and participation in group fitness classes.
 - Guests are not permitted to participate in intramurals
- Sponsors are responsible for guests behavior and equipment check out/return and must remain in the facility with their guest at all times
 - Sponsors are responsible for any lost/broken/damaged equipment caused by their guest
- The Campus Recreation Department reserves the right to deny access to any person at any time.

Towel Service

- Campus Recreation offers towel service as a resource for its members.
- Towel service is a complementary product sold to members with a current locker rental.
- Patrons may also purchase towel service for the day or semester
 - Day: \$1
 - Semester: \$15
- Patrons are responsible for returning any checked out towels and may be charged \$5 for any unreturned towels.

2.4 Payment Methods

- Campus Recreation point of sale locations are cashless
- Acceptable forms of payment are Discover, Visa, Mastercard, and checks
 - Do not accept cash or American Express

2.5 Refunds

- Purchase of memberships and services are non-refundable.
- Any patron(s) seeking a refund as the result of unforeseen circumstance(s) may submit a formal refund request either directly through the program area or at the front desk of the Rec.
 - Submitted request does not guarantee a refund will be approved.

2.6 Identification

- All Campus Recreation patrons are required to have either their Boise State University ID Card, Campus Rec ID, or Boise State Rec App card every entry to the facility.
 - Patrons who do not have a card or are having card issues will need to visit the Information Desk at the Student Union Building.



- All patrons will be allotted 3 “Forgot ID” passes each academic semester (Summer, Fall, Spring).
 - Each visit without one of the three acceptable forms of access will result in the use of one of the allotted “Forgot ID” passes

Visitor/Tour Policy

- Campus Recreation welcomes community and guests to enter the Rec Center lobby to view center and ask questions
- Tours around the facility must be guided by a Campus Rec employee or University Ambassador
 - If no staff member is available to provide a tour then the visitor will be asked to wait until one is available
 - Staff are encouraged to show pictures and verbally walk through the facility with the visitor in the event no tour is available

2.7 Behavior

Campus Recreation policies are designed for the protection of participants, employees, facilities, and equipment. All participants should be mindful and respectful of others around them.

- Participants are expected to abide by the Boise State University [Shared Values](#) and [Standards of Conduct](#) when using Campus Recreation facilities and programs.
 - Academic Excellence
 - Caring
 - Citizenship
 - Fairness
 - Respect
 - Responsibility
 - Trustworthiness
- Participants may not interfere with employee duties or engage in verbal or physical abuse of employees or other participants.
- Participants must observe all posted signs and verbal directions provided by Campus Recreation staff.
- Use of drug, alcohol, and tobacco products are not permitted at Campus Recreation facilities or program venues. Attendees or participants identified as impaired will be removed from Campus Recreation facilities or program activities.
- Attempts to use another member’s Boise State ID or Campus Recreation ID Card or providing an identification card for another’s use violates University regulations and the [Student Conduct Code](#). Consequences may include suspension from Campus Recreation facilities and/or program participation as well as the report being sent to the [Dean of Students](#) or [Human Resources](#).
- Use of Campus Recreation facilities for personal financial gain violates University policy relating to facilities, services, or solicitations, and is prohibited at all program venues.
- Personal training or private instruction at the Student Recreation Center is restricted to those individuals who are specifically employed by Campus Recreation for this purpose.
- Conducting research or testing for academic reasons or any other reason in the Student Recreation Center or via Campus Recreation online platforms is only permitted with prior approval from the Campus Recreation Leadership Team. Requests to conduct research



within the Student Recreation Center must be sent to the [Facilities Coordinator](#) via email at least 2 weeks in advance.

- Campus Recreation supports the use of alternative transportation; however, wheeled vehicles (e.g., bicycles, skates, skateboards, and scooters) are prohibited in the Student Recreation Center and on the exterior plaza. Bicycles may be parked in the provided racks on the east side of the plaza at the owner's risk. Bicycles and scooters locked to fences, handrails, trees, or signs risk being removed. Skates, skateboards, and scooters carried into the building must be stored in a locker or one of the facility storage racks.
- In accordance with [University Policy 9160](#), service dogs or mini horses are permitted in the Student Recreation Center. Emotional support animals are not allowed in any Campus Recreation facilities.
- Campus Recreation staff are not authorized to cut off bike locks stored outside of the Student Recreation Center. Contact the [Transportation and Parking Services](#) for assistance with bike locks.

Campus Recreation staff reserves the right to ask a patron to leave and deny facility and/or program access for policy violation.

- Individuals that have violated policy may have their Campus Recreation memberships suspended and will be required to meet with a designated Campus Recreation professional staff member or, depending on the severity of the issue, the Dean of Students Office or Human Resources Office. That meeting must be arranged in advance and will occur during business hours, 8 a.m. to 5 p.m., Monday through Friday.
 - The individual will receive notification of any applicable suspension or sanctions via in person communication, phone call, or email.
 - Individuals may appeal the decision to the Director of Campus Recreation. A decision on the appeal will be emailed within five working days of receipt of the form. While under review, the individual's membership will remain suspended.
 - Campus Recreation staff may also refer students/faculty/staff to the Dean of Students or Human Resources Office for further investigation and discipline.
- Participants are encouraged to report any issues occurring within Campus Recreation facilities or programs to a Campus Recreation employee on duty.
- Participants are required to present their Boise State ID or Campus Recreation ID Card to authenticate/validate eligibility for Campus Recreation services.
- Situations or circumstances not covered in this handbook will be addressed and resolved by Campus Recreation staff.

Guidelines apply to department programs and service locations:

- Student Recreation Center
- Lincoln Turf Field
- Intramural Field
- Bronco Gymnasium
- Caven-Williams
- Boise State Sand Volleyball Complex
- Other campus program venues
- Off-campus program venues



2.8 Assumption of Risk

- Participate at your own risk. Boise State University and Campus Recreation are not responsible for financial costs related to health services resulting from illness or injury incurred during use of Campus Recreation facilities or participation in program activities. It is recommended that participants secure accident insurance/coverage prior to exercising or program participation.
- Participants are required to sign waivers prior to participation.



Section 3: General Campus Recreation Facilities Policies

3.1 General Activity Area Guidelines

- Attire Policy
 - Campus Recreation values an inclusive environment, as well as your health and wellbeing. Exposed skin can be at risk to disease exposure, therefore we encourage participants to clean fitness equipment before and after use. The following attire is required at all times:
 - A top and bottom must be worn at all times (exceptions are the locker room areas).
 - Tops and bottoms that have buttons or rivets on them are not allowed due to the potential damage to the equipment and others that they may cause.
 - Footwear requirements: Closed toe, non-marking athletic shoes are required in all fitness spaces and on all wood floors (i.e. basketball and racquetball courts, group exercise studios, and multi-purpose rooms).
 - For specific approved and not approved clothing choices please visit the [Patron Attire Policy](#) webpage.
- Activity spaces are available for drop-in use when not reserved.
- Audio/video equipment in activity areas is operated by Campus Recreation staff only. Participants are not allowed to play music out loud in any other activity areas and must wear headphones in the facility. Music played through speakers is only allowed in spaces designated by Campus Recreation staff.
- Minors in strollers, infant seats, or carrying devices (slings, wraps, backpacks, etc.) are only allowed in locker rooms and the Aquatic Center.
 - All strollers brought into the Aquatic Center must have a working wheel lock mechanism and the lock mechanism must be engaged at all times that the stroller is not being moved by a parent or guardian.
 - Strollers or infant seats in the Aquatic Center must remain at least three feet from the water at all times.
 - Minors in strollers or infant seats must remain within a step and reach away from their parent/guardian. They may not be left unattended for any length of time.
 - Strollers and infant seats must be placed in a safe place and may not impede the ability of other users to move through the facility.
- Hypoxic training is not permitted in the Student Recreation Center or in auxiliary facilities when Campus Recreation staff is supervising activities. This includes, but is not limited to, breath-hold training in pool areas and the use of oxygen deprivation masks.
- Blood flow restriction training is not permitted in the Student Recreation Center or in auxiliary facilities when Campus Recreation staff is supervising activities.

3.2 Family Hours & Minors Policies

Campus Recreation welcomes dependent minor members and guests to participate and be active at the Rec. The following areas are available to dependent minor members as follows:

- Family Hours for the Student Recreation Center for fall and spring semesters:
 - Friday at 5p until Sunday at close
 - All fall break, winter break, spring break, and summer break hours are Family Hours.



- Access to the Student Recreation Center during Family Hours requires dependents to maintain a separate membership associated with a parent or guardian's active membership. An active member may also purchase a day pass for their dependent to access the facility as a guest during Family Hours.
- Minors under the age of three (3) are not allowed in the facility except in the pool area under direct supervision of an adult.
- Minors of all ages can visit the pool at any time during open pool hours. Parent/guardian supervision in the water is required for any child that can not swim.
- Minors ages 3-15 may use the track, racquetball, and basketball courts during family hours and must be supervised by an adult during these times.
- Minors ages 3-15 shall not enter any weight lifting or cardio equipment area except to access the track. Minors ages 3-15 may not attend group fitness classes.
- Minors 16-17 may use the entire facility, including pools, strength, and cardio equipment, as well as attend group fitness classes during designated Family Hours with adult supervision.
- Minors ages 3-15 who fit into a Rec approved harness may use the climbing wall during family climbing hours with adult supervision.
- All dependent members and guests must be accompanied by their parent/guardian or guest pass sponsor at all times.
- All minors entering the Rec must have an assumption of risk / waiver of liability form signed by a parent or legal guardian on file prior to entry.

3.3 Equipment Checkout

- Day use equipment is available for checkout with a valid Boise State ID or Campus Recreation ID Card.
- Day use equipment must be returned by facility closing on the same day to avoid replacement charge.

3.4 Lost, Damaged, Stolen Items

Campus Recreation is not responsible for lost, damaged, or stolen personal articles. Individuals should report stolen items to Boise State Public Safety.

Lost Items

Campus Recreation strives to ensure the proper handling and claiming of Lost and Found Property by establishing standardized Lost and Found Property procedures for the department.

Collection Procedures

- Any found items are to be turned in to either of the service desks located within the Rec
- All collected items will be logged and safely stored by Rec staff
- All collected items are transferred to Central Lost and Found (SUB Information Desk) on Mondays
- High Value/High Risk items are transferred to the Department of Public Safety

Lost and Found Property Claims

- Individuals looking to claim lost property may do so at either service desk located within the Rec.



- An individual making a request for Lost and Found Property must present identification, such as a driver's license or student ID, and provide a description of the item before the item will be returned.

Damaged Items

Lost, missing, or damaged Campus Recreation equipment or property may result in replacement charges or suspension of Student Recreation Center facility use and/or program participation dependent upon circumstances. Campus Recreation staff will address and resolve the situation.

3.5 Media Interviews and Photographing/Videotaping Policy

Photography and Filming Policy

- The Student Recreation Center is a private space, therefore, photography and videography is strictly regulated past the turnstiles and requires advance notice and explicit permission. Requests to film or photograph within the Student Recreation Center must be sent to the [Associate Director, Programs and Communication](#) at least two (2) business days in advance. Photography requests for the Aquatic Center are granted on an extremely limited basis and, due to this limitation, requests must be made 10 business days in advance.
 - Filming or photography for class projects, group practices, newspapers, articles, and all other media must abide by this policy.
- Once approved by Campus Recreation, all persons obtaining photos, videos, or other forms of media within the Student Recreation Center will be given a media pass. This pass must be worn and plainly displayed during the entirety of the photo/video shoot. Persons without an approved media pass will be asked to cease filming and must contact the Associate Director, Programs and Communication for permission to return at a later time for media needs. Passes are not granted day-of even in cases where the patron is up against a media or class deadline. Advance notice is required in all situations.
- All photography/videotaping must be done using care for patrons and personal privacy must be respected. If participants may be identified in any shot, their explicit permission must be obtained. Participants have a right to decline being in any shot.
- Participants may not use the Student Recreation Center for any photography or videography of a promotional nature that benefits a business or company, unless explicit permission has been granted by the Associate Director, Programs and Communication. This includes "selfies", photoshoots, workout videos, or other media that may be posted to a company's social media accounts, websites, or other promotional material.
- Photography/videotaping may not be conducted in the locker rooms and restrooms.
- Tour groups, summer camps and conferences, and other special event groups are allowed to use handheld point-and-shoot cameras to document their time within the Student Recreation Center as long as the individual stays with the group at all times and does not negatively impact the experience of patrons.
 - No photography of the Aquatic Complex by guests with these groups is allowed without explicit permission. If a guest with one of these groups is suspected of inappropriately using their photo privileges, they will be asked to put away their camera or leave the facility.

Selfie Policy

- Patrons' cell phones may be used to take photos or videos of themselves or friends working out within the facility and must remain for personal use only.



- Selfies may not be taken in ways that have the potential to negatively impact the experiences of other patrons, such as within a busy locker room or restroom where others may be in the background. Patrons are expected to follow the University Shared Values and engage the use of selfies with respect for others.
- Photography of other guests without their explicit permission is strictly prohibited. Guests taking photos or videos with their cell phone for personal use must not interrupt or cause any nuisance to others.
- In the event that Campus Recreation staff suspect a guest is inappropriately using the cell phone privilege or if their engagement in selfies is causing discomfort to others, they will be asked to put their phone away or leave the facility if they continue to violate the policy.

Media Requests

- All requests for media interviews and photography/videos of Campus Recreation programs, the Student Recreation Center facilities, and/or participants for commercial or academic media must be made in advance. Please contact the Associate Director, Programs and Communication or call (208) 426-1131. All other media requests should be directed to the Boise State Office of Communications and Marketing at (208) 426-1577.

3.6 Sales, Solicitations, and Advertising

- Sales, solicitations, and advertisements are prohibited within the Student Recreation Center.
- Poster space within the Student Recreation Center is reserved for Campus Recreation promotions or official partnership promotions, with one exception to be considered.
 - Boise State organizations and departments wishing to partner on an event or promotion can contact the Associate Director, Programs and Communication to explore options together.

3.7 Facility Reservations

Campus Recreation Facilities

- Campus Recreation schedules the following facilities on campus:
 - Student Recreation Center
 - Includes:
 - Aquatic Complex
 - Climbing Gym
 - Lincoln Turf Field
 - Intramural Field
 - Boise State Sand Volleyball Complex
- All other facilities on campus are scheduled by the department that manages those facilities.
- Information about Campus Recreation facility reservations can be found [here](#).

3.8 Weapons Policy

- Campus Recreation abides by University Policy 12080 which can be found [here](#).



Section 4: Student Recreation Center Policies

4.1 Gym Courts and Informal Recreation

General

- Informal Recreation games are played on a first-come, first-served basis if there are no players waiting to participate.
 - A challenge is issued by waiting players. No one in a game may call the next game.
 - Challenges can only be issued on one court and the challenger must be present before the preceding game ends.
 - Only one person is needed to issue a challenge.
 - Players from the losing team may be chosen for the next game only if no other players are present and waiting.
- Fitness strength equipment (dumbbells, medicine balls, kettlebells, etc.) are not permitted on the gym court wood floor surfaces.
- Outdoor sports (lacrosse, baseball, football, flying disc sports, outdoor soccer balls, etc.) are not allowed in indoor activity spaces.
- Scheduled informal recreation activities and reservations receive priority. The Informal Recreation schedule can be found on the Campus Recreation [website](#).
 - All non scheduled time will default to basketball as the Informal Recreation offering.

Badminton

- Hours for Informal Recreation badminton are noted on the Campus Recreation [website](#).
- When two or more badminton players are present, non-badminton users must vacate the court.

Basketball

- Snapping, grabbing, or hanging from the basketball rims is prohibited.
- Priority goes to 5-on-5 full court games.
- Games are played by twos and threes to 21 points. There is no need to win by two points.

Indoor Futsal

- Hours for Informal Recreation soccer are noted on the Campus Recreation [website](#).
- Indoor soccer balls are available for checkout at the Equipment Desk for indoor use.
- Outdoor soccer balls are not permitted in any Student Recreation Center activity spaces.
- The first team to score two goals wins; the winning team stays on the court.
- Games are played for 10 minutes, and whoever is ahead wins the game.
- If a game is tied after 10 minutes, both teams come off.
- Slide tackling is not allowed.
- Must have a minimum of six players per team when players are waiting to play.

Indoor Volleyball

- Hours for Informal Recreation indoor volleyball are noted on the Campus Recreation [website](#).
- When four or more volleyball players are present, non-volleyball users must vacate the court.
- Games are rally scoring (play to 25, win by two).
- Must have a minimum of six players per team when players are waiting to play.



Pickleball

- Hours for Informal Recreation pickleball are noted on the Campus Recreation [website](#).
- When two or more pickleball players are present, non-pickleball users must vacate the court.

Racquetball/Squash

- Informal Recreation games are played on a first-come, first-served basis if there are no players waiting to participate.
- All non scheduled time in racquetball courts will default to racquetball/squash priority as the Informal Recreation offering.

4.2 Fitness Center (Cardio and Weight Areas)

- Contact a Facility Attendant for basic equipment assistance.
- Wiping down equipment before and after use is highly recommended.
- A spotter is recommended for all challenging lifts. Campus Recreation staff does not spot.
- Use clips/collars on all Olympic bars.
- Outside equipment may be examined by Campus Recreation staff for approval.
- There is a 30-minute time limit on cardiovascular equipment when others are waiting.
- Use of treadmill safety clips is highly recommended.
- Equipment must remain in designated areas as approved by Campus Recreation.
- Movable benches may not be elevated, propped, or inclined.
- Do not drop or slam weight equipment.
- Be a friendly gym member and allow people to work-out in between sets.
- Standing on ab and/or exercise balls is prohibited.
- Use of equipment other than for its designed function is prohibited.
- Rerack any weight equipment in the proper location.
- Explosive-style lifts (cleans, snatches, jerks, etc.) are prohibited in all activity areas other than the Olympic Platforms in the 1st Floor Weight Area.
- The use of lifting chalk is prohibited in all activity areas other than the Olympic Lifting Platform Area.

Olympic Lifting Area Policies

- Only one patron may use the Olympic lifting platform/rack at a time.
- Participants wanting to perform Olympic style lifts or complexes have priority on Olympic platforms.
- Olympic lifting platforms must be clear of all non-essential equipment and personal items prior to performing a lift. Weight benches allowed on platforms to perform desired lifts.
- Lifters must release weight in a controlled and safe manner on the descent.
- Use clips/collars on all Olympic bars.
- Bumper plates must be used for Olympic lifts on the designated platforms.
- Lifting chalk may be used in the designated Olympic lifting area only.

4.3 Track

- Active participants on the track only - no spectators.
- Stretching and warm-up exercises are to occur in the stretching areas only.
- Move in the direction of the signage indicated at track entrances.



- Faster paced individuals on outside lanes and slower paced individuals on inside lane.
- More than two abreast is not permitted.

4.4 Studio 1

- All equipment must remain in the room.
- Return equipment to its original storage location after use.
- Placing powders or any other substances on the floor is not permitted. Damage to the floor could result in fees or closure of the space.
- Do not drop or slam weight equipment.
- Groups are not allowed to monopolize the fitness space. If groups would like to reserve fitness space they should submit the [Campus Recreation Reservation Request Form](#).
- For heavy bags, all users must wear hand wraps, gloves, or tape. Body-to-body contact is not permitted.

4.5 Studio 2

- Studio 2 is a locked space reserved for Campus Recreation programming.

4.6 Studio 3

- All equipment must remain in the room.
- Return equipment to its original storage location after use.
- Placing powders or any other substances on the floor is not permitted. Damage to the floor could result in fees or closure of the space.
- Do not drop or slam weight equipment.
- Groups are not allowed to monopolize the fitness space. If groups would like to reserve fitness space they should submit the Campus Recreation Reservation Request Form.
- Informal Recreation use is permitted when the studio is not scheduled. Informal Recreation use ends 10 minutes prior to all reservations.

4.7 Studio 4

- Studio 4 is a locked space reserved for Campus Recreation programming.

4.8 Bouldering Wall

- The bouldering wall, during non-climbing gym hours, is a non-supervised activity and patrons should consider the following when climbing:
 - Bouldering is inherently dangerous
 - Never “top out” of the Boulder wall
 - Be courteous and respectful of other climbers, do not climb under or in close proximity
 - For sanitary and safety reasons always wear closed toe shoes

4.9 Climbing Gym

Climbing Gym Policies

- The Climbing Gym is a positive learning environment be courteous, kind, and respectful to others



- All Climbers must use UIAA approved Belay devices, harnesses, locking carabiners, and ropes
- All patrons must pass the annual Belay and Lead Checks in order to Belay and/or lead climb, and must continually demonstrate proper skills
- Instruction and classes are offered weekly
- All patrons must follow the instructions and guidance of Campus Recreation Climbing Gym Staff

Additional Resources

- Instruction and classes are offered weekly and are free of charge
- Climbing shoes are for rent at the EQ desk
- Harnesses and Belay Devices are free and must be check out and returned at the Climbing Gym Desk

4.10 Locker Rooms

- Campus Recreation is not responsible for lost/stolen or damaged items. Do not leave valuables such as jewelry, wallets, electronic devices, or credit cards unsecured.
- Photography/videotaping may not be conducted in the locker rooms and restrooms.

Day Use Lockers

- Locks are available for purchase at the Equipment Desk.
- Day lockers and locks must be cleared at the end of the night. Locks left on day use lockers overnight will be cut off and contents taken to the Campus Recreation lost and found for 30 days. After 30 days items will be donated.
- Personal toiletry items such as cleansing products, hair care products, razors, wash clothes, etc., are not held, but disposed of for sanitation reasons.
- Personal articles may not be secured on the outside of the locker.

Rental Lockers/Towel Service

- Towel service is available for purchase at the Equipment Desk.
- Semester lockers are available for rent on a first-come, first-served basis.
- Only one locker can be purchased per member.
- Lockers must be renewed or cleared by the last day of the rental contract.
- Lockers will only be opened for the member who purchased it.
- No stickers or adhesive of any type may be placed on the outside or inside of the locker.
- Personal toiletry items such as cleansing products, hair care products, razors, wash clothes, etc., are not held, but disposed of for sanitation reasons.
- Personal articles may not be secured on the outside of the locker.
- Patrons may use the locker room that aligns with their gender identity. Additionally, a gender inclusive restroom/changing room is available near the entrance to the pool.
- Children above the age of five are not permitted in the locker room of the opposite sex. Minors age 6 – 13 must use a locker room under the supervision of an adult of the same sex or the gender inclusive changing room. Minors age 14 – 17 may use appropriate gender designated locker rooms without direct adult supervision.



Gender Inclusive Changing Room

- Campus Recreation supports all gender identities and we encourage patrons to use the locker rooms/changing rooms where they feel the most safe and comfortable. To assist with this, a gender inclusive changing room is available near the entrance to the pool.
 - This room has a restroom and shower facilities.

4.11 Saunas

- Must be 16 years of age or older to enter.
- Seek medical advice prior to use if you are pregnant or have a health condition.
- Recommended maximum total duration is 10 minutes as excessive exposure can be harmful.
- Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area can cause illness.
- Bottoms or a towel must be worn at all times.
- Under no circumstances should users wear excess clothing such as a sweat suit, long pants, leggings/tights, long sleeve shirts, corset waist trainers, street shoes, socks, or a rubberized suit while in the sauna, nor should users wear any other clothing that is designed to increase sweating in those areas.
- Exercise is not permitted in the sauna.
- Patrons may not spray or apply essential oils or any other similar substance in the sauna. Failure to abide by this policy could result in the closure of the space.



Section 5: Aquatic Complex

5.1 General Activity Area Guidelines

- Campus Recreation Staff has final authority on all matters in the Student Recreation Center, will restrict any activity deemed unsafe, and reserve the right to add any rule to this list deemed necessary.
- In case of emergency, the Emergency Action Plan is initiated by three long whistle blasts. All patrons must exit the pool immediately, and follow instructions from Staff.
- Showers are required prior to entering the pool or spa to maintain sanitary conditions.
- For your safety, only U. S. Coast Guard approved flotation devices are allowed. Water wings, baby floats, rings, inner tubes and rafts are not permitted unless part of an approved aquatic program. Kick boards, aqua jogger belts, and pull buoys are not considered personal flotation devices.
- Children (under 18 years of age) shall not use the pool without an adult in attendance.
- Children who cannot swim must be within arm's reach of an adult. A lifeguard will determine the skill level of a child by how well the child swims 25 yards of the pool.
- Swim diapers or plastic pants are required for children who wear diapers.
- Diving is only permitted in the deep end of the multipurpose pool during recreational diving time.
- Clean, proper, and appropriate swimming attire is required. Proper swimming attire does not include street clothes, undergarments, athletic shorts, or shoes. Appropriate swimming attire consists of full coverage one or two piece swimsuits.
- No spitting, spouting of water, or blowing nose in the pool or spa or into the gutters.
- Patrons with skin diseases, infections or open sores, or who have had diarrhea within the last 48 hours are not permitted to use the pool
- Patrons wearing adhesive tape or bandages will not be permitted in the pools unless bandages are removed.
- No gum, food, or glass containers are permitted in the Aquatic Complex.
- External private lessons are not permitted in the Aquatic Complex.
- Water polo or other water games, which require the use of a ball, may not be permitted in any of the pools without prior authorization from the Aquatic staff.
- Tennis balls, footballs, hard balls, squirt guns, etc. are prohibited unless part of an approved aquatic program.
- Water toys such as dive sticks/rings and squish balls are permitted as long as they are not a disturbance to other patrons.

Additional Considerations:

- Appropriate swim attire is required. Material should be designated for use in the water. Undergarments, gym or street clothes, and see-through swimwear is not allowed.
- Lifeguards must be present and on duty to use the facility.
- Minors must be accompanied by an actively supervising adult at all times. Non-swimmers must have an actively participating (in the water) adult within arms reach at all times. Lifeguards determine if a swimmer is in need of additional supervision.
- Minors over age 5 may not be in gender-specific locker rooms with opposite sex parent or guardian. Minors ages 6-13 must use a locker room under the supervision of an adult of



the same sex or the family locker room. Minors ages 14-16 may use appropriate gender-designated locker rooms without direct adult supervision.

- No running or “horseplay”
- Starting blocks are for competitive use only
- Lap swimmers must follow proper lane etiquette
- Verbal or physical abuse of staff or patrons will not be tolerated
- For your protection and enjoyment, please obey the lifeguards at all times
- Please return fins, kickboards, jogging belts, lifejackets, and toys to the dirty bin
- For your own security, please secure personal items in a locker.
- Lane availability and assignment are determined by facility management. Scheduling priority will be given to Campus Recreation programming and Boise State events.
- It is the position of the Boise State Campus Recreation Aquatic Complex to limit public displays of affection in order to create a sense of community where patrons may congregate, workout, and play in a welcoming environment. In conjunction with the Campus Recreation Code of Conduct, displays of affection deemed inappropriate for a public setting will be addressed.
- Failure to comply with these general guidelines and with the policies of the Boise State Campus Recreation Aquatic Complex may result in serious injury or death.
- The Boise State Campus Recreation Aquatics Complex reserves the right to require that any person who does not comply with these general guidelines or the policies of the Boise State Campus Recreation Aquatics Complex, or who interferes with the lawful use of the center by any other person, must immediately leave the facility.

5.2 MultiPurpose Pool

Diving Board/Starting Block Rules

- Dive straight off the diving board.
- Divers must be able to exit the water without assistance.
- Divers must exit the diving area after completing the dive.
- Dives in which the head rotates back toward the diving board (such as inwards and gainers or reverses) are strictly prohibited during recreational diving.
- Do not swim under the diving board.
- Landing area must be clear of other patrons before diving is permitted.
- Lifeguards have the ability to prohibit unsafe diving activity.
- One diver at a time on the diving board.
- Only one bounce is allowed on the board.
- Recreational Diving is permitted during posted hours only.
- Sit down; handstand; cartwheels; and sailor dives (head first, arms at side) are strictly prohibited.
- Goggles, flotation devices or inner tubes are not permitted on diving boards or starting blocks. Nor may patrons jump on or into flotation devices.

Starting Block Rules:

- Start dives only.
- Landing area must be clear of other patrons prior to the start dive.
- Start dives are only allowed in lanes which are within lane lines.



- One diver at a time on the starting blocks.
- Starting blocks next to the diving board or in the open water area during recreational diving are not to be used while the diving board is open.

5.3 Spa

- The recommended time limit for each patron in the spa is 15 minutes. Overexposure to hot water may result in dizziness, nausea, fainting, or heat related illness.
- Individuals with the following conditions should not use the spa: heart disease, diabetes, high/low blood pressure, circulatory problems, respiratory problems, seizures, epilepsy, pregnancy, or on prescription medication
- Patrons must enter and exit the spa using the stairs provided.
- Patrons must be 16 years or older to use the spa unless under the supervision of an approved aquatic program



Section 6: Auxiliary Facilities

6.1 Lincoln Turf Field

- Open to Boise State students, faculty, and staff only.
- Gum, sunflower seeds, and glass containers are prohibited. Food and beverages are restricted to the bleachers (except water).
- Alcohol and the use of tobacco, electronic cigarettes, and/or vapors are prohibited.
- Formal recreational use of the facility must have prior reservations.
- No pets except for service animals.
- No metal cleats.
- Use subject to university policies and managed by the Campus Recreation department.

6.2 Intramural Field

- Open to Boise State students, faculty, and staff only.
- Gum, sunflower seeds, and glass containers are prohibited. Food and beverages are restricted to the sidewalks (except water).
- Alcohol and the use of tobacco, electronic cigarettes, and/or vapors are prohibited.
- Formal recreational use of the facility must have prior reservations.
- No metal cleats.
- Use subject to university policies and managed by the Campus Recreation department.

6.3 Bronco Gym

- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage flooring are not permitted.
- Closed toe, closed heel, non-marking athletic shoes required.
- Snapping, grabbing, or hanging from the basketball rims is prohibited.
- Spectators are allowed to view activities from the designated spectator area only.

6.4 Caven-Williams

- All users need to have a clean pair of shoes to enter or participate in the field turf area. Outdoor shoes should be cleaned before entering turf area.
 - Metal spikes on cleats are not allowed.
- No food (including sunflower seeds), tobacco, or drink is allowed in the facility (water only).
- No spitting.
- No smoking.
- Don't throw/kick objects at the walls.
- Games must run North to South on the nets.
- Absolutely nothing can be put into or anchored in the field.
- The field should be clean at the conclusion of all activities.
- Campus Recreation is responsible for turning the lights on/off when using the facility.
- Campus Recreation will only enter and use the facility during scheduled times.



Campus Recreation Programs

Section 7: Fitness

7.1 Fitness General Policies

- All participants must register for Group Fitness Classes.
- Class registration opens 49 hours before classes start.
- Class registration closes 3 minutes before class starts.
- Participants may cancel their registration 3 hours prior to class start time.
- Registered participants may lose their spot if they are not at the studio 3 minutes prior to class start time.
- Participants should be on time to class and may not join a class after 5 minutes past the start time.

7.2 Fitness Studio Capacities

- Studio 2 Capacity: 15 Participants
- Studio 3 Capacity: 38 Participants)
- Cycling Studio Capacity: 24 Participants

7.3 Fitness Personal Training Policies

- A complimentary 60-minute fitness assessment and goal session is included in all Personal Training packages.
- Personal training packages are limited to members only.
- Personal training packages are non-refundable once clients have completed one personal training session.
- Personal training sessions are forfeited if clients do not show up for scheduled sessions or do not cancel the session with 24 hours notice.



Section 8: Intramural Sports

8.1 Intramural General Policies

Intramural Sports are recreational events for the Boise State University community (students, faculty/staff, and alumni) with a Campus Recreation membership. Our program offers a competitive or recreational level of events that are formatted into leagues, tournaments, or single-day events.

8.2 Eligibility

Current Boise State students, faculty/staff, spouses/partners, and alumni are eligible to participate in Intramural Sports as long as they maintain a current Campus Recreation membership. Further guidelines are available for professional and collegiate athletes.

8.3 Intramural Sports Paypass

Intramural Sports events require the purchase of a Paypass that can be purchased through membership services.

8.4 How to register for Intramural Sports

- All participants must create an [IMLeagues](#) account
- Participants will either register their team, join a team, or become a free agent for the desired sport. All teams will be placed on the “waitlist” until the minimum team members are met for that sport.
- After reaching the minimum number of participants on the roster, the team will be allowed to pick their spot in a division for that sport.
 - If the team does not move the team to a division by the end of registration the Rec Sports staff will randomly move teams into a division
 - If a team does not meet the minimum number of players for the roster after the registration deadline, the team will not be eligible for the participation.



Section 9: Club Sports

9.1 Club Sports General Policies

Club Sports are student clubs that promote and develop interest in a particular sport. They provide recreation, instruction and competition at the intercollegiate level. The sport must have a nationally recognized governing body for competition. A club must be a distinct sport from any other current club sports at Boise State.

9.2 How to Join a Boise State Club Sport

4. Contact the Club Sport President or Coach
 - Contact information can be found on Engage or Campus Recreation Club Sport pages
5. Attend a practice
6. Fill out the Club Sport Waiver

9.3 Eligibility

Any Boise State University student in good standing with the university has the ability to join a club of their choice. Boise State recommends that students be cleared for participation by a medical physician every two (2) years before participating. Clubs are not able to cut or prohibit a student from participating unless they don't meet Eligibility requirements.

Club Members must:

1. Abide by the Boise State Student Code of Conduct
2. Be in good academic standing
3. Take at least four (4) credits during the semester of club involvement
4. Complete and submit a yearly Participation Waiver (available on Engage)
5. Carry health insurance as required to be enrolled as a Boise State student

9.4 Player Dues

Club sport player dues are collected at the front desk or payments made online at the Campus Recreation portal. Club player dues are set by the club depending on team expenses (travel, apparel, equipment, etc).



Section 10: Outdoor Program - Trips

10.1 Trips General Policies

All trips will be on a first-to-pay basis and sell out quickly. To secure a place in a trip/workshop/seminar, the participant must visit the Outdoor Program or register online (day and weekend trips) to pre-pay the registration fee. Please refer to the [Outdoor Program Trips Manual](#) for full review of policies.

Eligibility

- Trips are only available to Boise State University students, except stated otherwise; i.e. Faculty in LLP or campus organizations
- Student participants under the age of 18 must have Health and Waiver Forms signed by a parent or legal guardian by the registration deadline.
- Trips are welcome to patrons with no prior experience necessary to participate unless specifically said in the trip description; i.e. Mountain Bike Weekend trip.

Refunds & Cancellations

- Trips are not refundable. The cost is only refundable if the trip is cancelled by the Outdoor Program.
- The only exception to this policy is if our office is presented with an authorized absence from the Dean of Students office or a note from a doctor.

Payment

- Full payment and all paperwork must be received by the registration deadline for all trips.

10.2 Health and Safety

Medical Insurance

- Boise State University cannot be held responsible for any injury, property loss or damaged equipment while participating in an Outdoor Program activity.
- Participants are individually responsible for their personal medical expenses. For your personal protection, sickness, and accident insurance is recommended.

Health Concerns

- All participants will be required to complete a Health & Waiver Form and to turn it to the Outdoor Rental Center by the Registration date.
- Trip Leaders are certified Wilderness First Responders that are trained to respond to emergencies in the wilderness.

Weather

- In the event of inclement weather do not assume the trip is or will be canceled. The Outdoor Program will make that decision based on the weather report obtained for the area where the activity is planned and regardless of current conditions in Boise.



Drugs, Alcohol, and Firearms

- University policy does not allow during the trip the use of alcohol, illegal substances and/or smoking (or use of tobacco products). It is prohibited to carry firearms during trips.
- Any participant found breaking this policy will be removed from the trip at the participant's expense. Individuals using alcohol or illegal substances will be subject to action by law enforcement or University Student Conduct Officers.



Section 11: Outdoor Program - Outdoor Rental Center

11.1 ORC General Policies

- Hours of operation are indicated on the Campus Rec website
- Equipment may be reserved up to six months in advance.
- Reservations may only be made in person or over the phone by paying 100% of the total fee due with a Visa, MasterCard, Discover, or an interdepartmental charge. These payments are not refundable nor are they transferable upon cancellation unless the following terms and conditions are met by Renter:
 - Cancellations and Refund Process
 - A 100% refund will be processed for any cancellation of a canoe, kayak, and/or raft reservation if notification is made 7 days (168 hours) prior to the start of the contracted rental period.
 - If cancellation is made in person per the aforementioned guidelines, the University will issue a credit to the Visa, MasterCard, or Discover that was used for the original rental payment. If cash or check was used for original rental payment the University will issue a refund check within 2-3 weeks.
 - Transfer Process
 - Fees paid for canoe, kayak, and/or raft reservations are transferable to a future date if cancellations are received in person, 4 days (96 hours) prior to the start of the contracted rental period.
 - No transfers will be made for any other items cancelled less than 2 days (48 hours) prior to the start of the contracted rental period.

11.2 Fees

- Fees will be assessed by the University staff for any Equipment that is lost, stolen, dirty, damaged and/or deemed unserviceable. Renter should plan for this process to take 30 minutes. Renter will pay, a rate equal to the retail replacement price, for any items that are irreparably damaged, lost, and/or stolen during the contractual period.
- Equipment returned after the return time on the due date will be charged a late fee equal to half the daily fee. Equipment returned after the due date will be charged a late fee equal to half the daily fee, plus a compounding daily rate for the number of days Equipment is past due.
- Equipment will not be accepted for return outside of operating hours. Equipment left outside of operating hours will incur an abandonment fee of \$100.00, in addition to late, cleaning, and/or damage/replacement fees



Section 12: Outdoor Program - Team Building

12.1 Team Building General Policies

Reservations

- A minimum of 8 participants is required for any Team and Leadership Development Program.

Cancellation Fees

- A \$100 cancellation fee will be applied for group cancellations within 72 hours of the program start time.
- There is no refund issued for groups bringing in less participants than the amount stipulated on the MOU

Group Contact

- The group contact must be present during the program for the full extent
- A meeting with the group contact must be scheduled at least five business days before the program date. The purpose of the meeting is to maximize your group experience by defining goals and expectations
- The group contact is responsible for ensuring that the group is properly informed and ready for the day's events. This includes distributing all pertinent information to parents, participants, and other key members that need to be informed of the program requirements.



Section 13: Aquatics

13.1 American Red Cross Program Policies

- Refunds will only be given in the event of a cancelled program.
- American Red Cross Programs need a minimum of 4 participants to run.

13.2 Masters Swim Program Policies

- Refunds will only be given in the event of a cancelled program.
- Masters needs a minimum of 3 participants to run.

13.3 Group Swim Lessons

- Refunds will only be given in the event of a cancelled program.
- Group Swim Lessons need a minimum of 3 participants to run and classes of similar skill level may be combined to meet that requirement.
- A guardian must remain in the Aquatics Complex for the duration of the lesson (if applicable).

13.4 Private and Semi-Private Swim Lessons

- Payment is expected by the beginning of the first scheduled lesson. Payment is non-refundable and non-transferable once your first session has taken place.
- Contract and included sessions are good for one year following purchase date.
- One lesson is 30 minutes. If you and the instructor agree to go longer, additional lessons will be used.
- Sessions will be scheduled with the participant based on their availability, instructor availability, and pool availability.
- Swim sessions are forfeited if you fail to show up for a scheduled appointment or do not cancel 24 hours before your scheduled session.
- Submitting a request for lessons is not a guarantee of an instructor match or immediate commencement of lessons
- A guardian must remain in the Aquatics Complex for the duration of the lesson (if applicable).

