

**The University of Tennessee RecSports**

# **Participant Policy Handbook**



THE UNIVERSITY OF  
**TENNESSEE**  
KNOXVILLE

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RECSPORTS

**<http://recsports.utk.edu>**

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# Welcome to UT RecSports!

For more than 35 years, the Recreational Sports Department (known as RecSports) has had the responsibility for providing recreational programming and facilities for the university community. Since the beginning of the RecSports Department in 1969, it has grown to offer students the opportunity to take advantage of programs in Aquatics, Fitness, Informal Recreation, Intramurals, Outdoor Recreation, and Sport Clubs. With up to date facilities such as the TRECS & the Rec Fields along with complimentary facilities such as the Student Aquatic Center, Bubble and HPER; RecSports and the programs above allow the University of Tennessee to have one of the finest comprehensive Recreational Sports Departments in the Southeast.

Along with opportunities to stay physically active, develop healthy lifestyle habits and grow social circles with a variety of people, RecSports works with the mission of Student Life. That mission is to foster the intellectual, cultural, social, and emotional development of students by providing a climate conducive to learning and personal growth, enabling them to become fully productive members of the global community. RecSports hopes you will take advantage of all of the programs and opportunities offered to help you develop into the best you can be.

## Mission

The mission of the RecSports Department is to provide and promote opportunities for wellness and healthy lifestyles through education and service to The University of Tennessee community.

## Vision

The vision of the RecSports Department is to satisfy varying degrees of interest in cooperative and competitive activities and to design recreational activities so they: develop health and wellness; promote & enhance social and cultural interaction, professionalism, leadership and technological development. These elements are essential for enhancing and contributing to a positive self image and the academic experience at the University of Tennessee.



# Code of Conduct

RecSports has established a Code of Conduct for all participants to allow for a friendly, inviting environment. The RecSports staff appreciates your cooperation in creating a healthy and positive environment for recreation and social opportunities in all facilities.

## University of Tennessee RecSports Department Participant's Code of Conduct

Participation in all RecSports facilities and programs is a privilege. All participants in RecSports programs or who utilize RecSports facilities agree to adhere to the following Code of Conduct:

Participant expectations:

- Treat the RecSports staff and facilities with respect.
- Act with character and courtesy while respecting the rights, welfare and dignity of all participants and staff.
- Adhere to the rules & policies set forth by RecSports staff and the University.
- Act in a safe, responsible manner regarding yourself and others.

Participants engaging in inappropriate behavior or violating RecSports/University policies may be subject to having their participation privileges revoked and could face university disciplinary action.

*Note: Also refer to Hilltopics, pg. 12-14 for General Standards of Conduct for campus. University Liability; HR Policies & Procedures: 4R0580 Code of Conduct.*

## Assumption of Responsibility

The following applies to all RecSports Facilities and programming:

UT RecSports program participation is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The RecSports Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. UT does not provide personal health or medical insurance for participants.

*Note: also refer to Hilltopics, pg. 72, University Liability; HR Policies & Procedures: HR0580 Code of Conduct*



# RecSports General Information

## RecSports Staff

The Recreational Sports Department of the University of Tennessee consists of six programs: Aquatics, Fitness, Informal Recreation, Intramurals, Outdoor Recreation, and Sport Clubs. Staff members can be reached at **(865) 974-0492** to obtain specific program information.

### Administration

Rex Pringle, Director of Recreational Sports  
Katy Locke, Assistant Director of Recreational Sports  
Sean Basso, Assistant Director of Recreational Sports

### Facility Operations

Rich Bricker, Facility Coordinator

### Aquatics

Katy Locke, Aquatics Program Director

### Fitness

Tee Ezell, Fitness Program Director

### Informal Recreation

Rich Bricker, Informal Recreation Program

### Information Technology

Aaron Anderson-Walker, Technology Grad Assistant

### Intramurals

Mario Riles, Intramural Program Coordinator

### Outdoor Recreation

Brad Beggs, Outdoor Recreation Coordinator

Trey Knight, Outdoor Recreation Coordinator

### Sport Clubs/ Marketing

Jon Janis, Sport Clubs Program Director

### Administrative Support Staff

Teresa Lyday, Administrative Assistant

Natalie Vandagriff, Accounting Specialist II

Mary Emmett, Facilities Data Specialist

Ami McCarter, Administrative Support Assistant III

### Maintenance Team

Daniel Holbert, Senior Maintenance Specialist

Joshua Bodenheimer, Maint Specialist

Denny Gann, Night Maintenance

Randy Nicely, RecSports Senior

Maintenance Specialist

### Housekeeping Team

Facilities are proudly maintained by UT Facilities Services Housekeeping staff.

SAC- Larry Shoopman, Vickie Larmer

TRECS- Chris Lemons

## Location of Facilities and Activities

Aquatic, Fitness, Informal Recreation, Intramural, Outdoor Recreation, and Sport Club programs utilize several facilities. These facilities, as a whole, provide a wide range of activities to meet the recreational needs of a diverse campus community. Additional or updated information may be obtained from the specific program offices or the RecSports website (<http://recsports.utk.edu/Programs/Facilities/>). The following is a list of facilities plus the current activities offered at each location.

- **Tennessee Recreation Center for Students (TRECS)**: The TRECS offers many activities to help students achieve the benefits of a healthy lifestyle. The main level houses the Smoothie King shop, as well as four multi-purpose sport courts for basketball, volleyball, badminton and other activities. Locker rooms, which offer day locker usage to participants, are also located on the main level. On the upper level, there is a 1/7 mile track and a sun deck. On the lower level, the fitness area offers a wide selection of weight training equipment and a variety of cardio equipment including treadmills, ellipticals, and stair steppers. Three racquetball courts are located adjacent to the fitness area along with three multipurpose studios where Martial Arts activities and group fitness classes are held. Additionally, the Outdoor Center is located on the lower level and offers outdoor equipment rental and a resource room for planning adventure trips.
- **Health, Physical Education & Recreation Building (HPER)**: The HPER building continues to serve RecSports with activity spaces for recreational programming. It contains two basketball/volleyball/badminton courts, ten racquetball courts, two squash courts, climbing and traversing/caving walls, and a multi-purpose court used primarily for physical education classes and clubs. The HPER building also houses a fitness area equipped with weight training and cardiovascular equipment. Located to the west and adjacent to the HPER building are six tennis courts and three outdoor basketball goals.
- **Student Aquatic Center (SAC)**: Aquatics and Intramural program offices are housed in the SAC. The SAC offers a 50-meter indoor pool with a separate diving well. The outdoor lap pool is also 50-meters with an attached diving well. In addition, locker rooms are located on the main level and a large open area and a meeting/conference room used for a variety of programs are located upstairs. The water temperature of both pools is kept between 78-82° F. The pool areas are used for recreational purposes as well as for a variety of classes such as swim lessons, kayak sessions and water safety instruction. Use of the pools requires a certified lifeguard to be on duty.
- **The Bubble**: The Bubble serves as another auxiliary facility for RecSports programming. The facility is utilized mainly for Intramural and Sport Club programming, as well as other special events. The Bubble houses three courts for basketball and volleyball, and a dasher board system for in-line hockey and indoor soccer.
- **RecSports Field**: Located to the east of the TRECS, the RecSports Field serves as the primary outdoor field space for RecSports programming for Intramurals, Sport Clubs and Open Play. Nearly 2.5 acres in size, the lighted field is covered with the latest in synthetic surfaces known as field turf. This



surface is more consistent to playing on a natural turf surface and allows for a variety of activities to be played.

- **Satellite Field space:** RecSports utilizes a natural grass field at Fulton Bottoms Field to assist in supporting Sport Club activities, located to the west of TRECS (visible from Cumberland Avenue) bordering the UT Campus along the Knoxville Greenway is accessible from Tyson Park or the Ag Campus.

## Hours of Operation

**Please visit our web page at: <http://recsports.utk.edu/Hours/> for a complete listing of facility hours during the academic year, University holidays, break periods, and special events.**

Home Football Game Operations:

- Facilities will be closed for all football games that start prior to 2:00 pm.
- Facilities will be open up until two (2) hours before kick-off for games starting after 2:00pm.
- Recreation facilities will not re-open following the game.

During holidays, mini-term, and summer sessions, hours may be adjusted to reflect the University operating hours & closings. Information regarding hours during these times will also be posted in each facility.

## Facility Reservations

Facility reservation requests can be made by University related groups by calling the RecSports reservationist at 865-974-5766. Reservations are restricted to recognized student organizations and campus departments. For a complete listing of reservation procedures and policies, please visit our website: <http://recsports.utk.edu/> and click "Request a Facility Reservation" under Online Forms at the bottom of the page.



# General Policies

## General Facility Rules

As part of RecSports mission to achieve the highest standards for its participants, we have developed our policies to ensure a fair, fun and safe environment. The following section of general policies applies to all facilities and activities that are associated with RecSports.

RecSports policies are both specific to the department and in accordance with University policy found in publications such as Hilltopics and Human Resources guidelines. Violation of policies can lead to suspension or loss of privileges from RecSports facilities & programs along with additional consequences from Office of Student Conduct or Human Resources.

*Note: refer to Hilltopics, pg. 9, Introduction section; HR Policies & Procedures: HR0580 Code of Conduct, HR0525 Disciplinary Action.*

## RecSports Memberships

Membership information and pricing can be obtained by calling the Administration Office Reception Desk at **(865) 974-0492** during normal business hours (**Monday thru Thursday from 8:00AM to 6:00PM and Fridays from 8:00 AM to 5:00PM**) during the academic year and **8:00am to 5:00pm** during the summer and break periods), or by visiting <http://recsports.utk.edu/Memberships/>.



# Valid Identification

The Recreational Sports Department provides services to students, faculty, and staff of the University of Tennessee. All participants must provide a valid UT ID with the owner's photo on it. Please present one of the following forms of identification to RecSports staff at the appropriate check in area for each facility listed before entering the facility:

1. University of Tennessee Student ID - VolCard (verifying via scanner that all UPSF fees have been paid for the current semester).
2. University of Tennessee Faculty/Staff ID - VolCard (RecSports membership must be purchased to use the TRECS, the SAC, the Bubble and to participate in any RecSports programs).
3. RecSports cards (must have picture) for eligible family members and PlusOne individuals. Older RecSports cards without pictures must be replaced at the VolCard office.
4. RecSports issued Guest card with additional picture ID.
5. A dated Guest wristband issued when a guest is properly sponsored by a UT student or RecSports member and has paid the guest fee
6. RecSports daily use wristband(dated) issued to participants who have presented a valid UT ID at the appropriate Welcome Desk and leave the facility as part of their workout and need to gain re-entry (See Note below)

UT ID cards may be used only by the owner. ID cards used by individuals other than the owner will be confiscated and the person using the card will be required to leave the RecSports facility. (Note: the owner of the ID can claim their confiscated ID at the TRECS Welcome Desk after they sign a photo copy of the ID verifying they received it from RecSports staff). Both individuals will not be allowed to use the RecSports facilities and programs for the remainder of that day. An ID Card not claimed the day it is confiscated will then be sent to Student Conduct per Hilltopics regulations for misuse of an ID. Both individuals involved receive an immediate four (4) day suspension from all RecSports facilities & activities along with possible further suspension from RecSports facilities and activities pending the outcome of their Student Conduct hearing. Incidents involving Faculty/Staff carry the same penalties and will be referred to the Human Resources Office on campus.

Note: Individuals who may leave a RecSports facility to run or exercise outdoors can request a dated white daily wristband to be able to re-enter the facility without carrying their UT ID. A RecSports staff member will place the band on the participant which will have that day's date on it.

*Note: refer to Hilltopics, pgs. 40-41 under VolCard; HR Policies & Procedures: HR0580 Code of Conduct.*



# Facility Entry Locations

For participants' convenience and safety, RecSports has specific locations for ID checks to allow patrons to enter. Please present one of the valid forms of ID at the following points to RecSports Staff to enter facilities

- Welcome Desk at the TRECS
- Welcome Desk at the SAC
- Welcome Desk at the Bubble
- Welcome Desk at the Outdoor Pool

In the HPER Building, IDs must be presented at the following locations during open recreation hours to use the HPER activity spaces:

**Equipment Checkout, Rm. 208**

**Climbing Wall staff in Gym 202B**

**Lifeguard staff at the pool, Rm.130**

**Fitness staff in the weight room, Rm. 106**

**RecSports Assistant at the Racquetball courts, near Court 1**

*Refer to Hilltopics, pg. 24, General Campus Policies & Procedures; Access to Campus and pg. 24; Facilities and Grounds Usage; HR Policies & Procedures: HR0580 Code of Conduct.*

# Guest Policy

Students, faculty, and staff of the University of Tennessee are permitted to sponsor guests to use the facilities with the following procedures:

- Guest must sign in with a current UT student or RecSports member over the age of 16 yrs old at the TRECS or SAC Welcome Desk for use of any RecSports facility (TRECS, Bubble, HPER activity spaces, SAC)
- Guest and Sponsor must present proper photo identification.
- Guest and sponsor must fill out completely the appropriate guest and sponsor form.
- A guest fee of \$10.00 must be paid at the TRECS or SAC Welcome Desk at the time of signing in the guest (Faculty/Staff members without a RecSports membership are permitted to purchase a \$10/day guest pass for themselves).
- Guest passes are valid for the day they are purchased at all recreation facilities.
- A guest wristband must be placed on the guest by the RecSports staff and the band must be worn at all times while in any RecSports facility. **Note: removal of the band will lead to ejection from the facilities without refund of the guest fee.**
- Sponsors must stay with their guest at all times; if a sponsor leaves a



- facility, the guest must also exit.
- Sponsors are responsible for the conduct of their guest at all times. **Guests are subject to suspension from the facilities for rule violations without refund of the guest fee.**
  - Guests are not eligible to check out equipment from RecSports. The sponsor must check out all equipment.
  - Sponsors are limited to bringing two (2) guests per day. \*\*\*

\*\*\*Additional guests may be sponsored under special circumstances such as family members visiting. Please call the RecSports Office at 974-0492 for additional details.

**Note: Please see Age Policy section for restrictions on members and guests 16 yrs old and under.**

*Note: Also refer to Hilltopics, pg. 9 for definition of Guest-Visitor to campus*

## Accident/Injury Policy

Keeping participants safe is the number one priority for RecSports employees. All RecSports professional staff, graduate assistants, and student staff members (excluding Intramural Student Officials) are certified in First Aid/CPR/AED and are trained to provide limited emergency care to participants if needed until professional emergency care can arrive.

In the event of an emergency, participants are required to report all accidents, incidents, or injuries to the nearest RecSports employee so proper care can be provided as quickly as possible.

If an ambulance or emergency personnel is necessary, participants are asked to contact RecSports staff immediately so Emergency procedures can be activated that include contacting UTPD. Participants are asked **NOT** to dial 911 directly from cell phones which may lead to a delay/confusion in getting the necessary help to the injured party. RecSports employees may not transport injured victims due to risk management issues.

In any injury situations, the injured person (when possible) and any witness will be asked for personal information and questions related to the injury/incident for a university accident report. This documentation is required for the University Risk Management Office.

## Age Restriction Policy

RecSports members or guests 16 yrs old & under must be accompanied by a UT Student or an adult RecSports member, 18 years or older at all times to use any facility. In order to promote a safe environment and prevent injuries, it is the responsibility of the sponsor to provide supervision of any child that enters the facility at all times.

Any RecSports member or guest under the age of 17 years is prohibited from using any RecSports Fitness Area and its equipment (TRECS & HPER). Also any member or guest under the age of 17 years is prohibited from attending any group fitness class offered by RecSports.

*With this policy, members wanting to work out who have members or guests under the age of 17 cannot have the person in the area or sitting on the side as they work out.*

Members and guests 16 yrs and under are eligible to use the following RecSports areas with supervision of adult member/sponsor:

Gymnasiums  
Racquetball Courts  
Track  
Swimming Pool

## Locker Use Policy

Locker rooms are located in both the SAC and TRECS facilities.

The SAC has lockers available for day-use and rental by students & RecSports members. Locker fees and availability information can be obtained by visiting the SAC Welcome Desk. Day-use lockers in the SAC are for one-day use. Locks can be placed on lockers during participant's visit to the facility but must be removed when they leave

The TRECS offers lockers for day-use only. Locks can be placed on lockers during participant's visit to the facility but must be removed when they leave.

Locks that are not removed by the end of the night in either facility will be posted with a warning notice to remove and after 24 hrs the lock will be cut and contents removed from the locker. Items removed will be bagged and numbered to be claimed when the participant visits the Welcome Desk in the appropriate facility.



Participants may check-out locks at the Welcome Center of the SAC or the Equipment Check-out area in TRECS. Participants may also bring their own lock. RecSports also provides pay lockers, located on the upper level of the TRECS. Participants can put a quarter into the locker and remove the key to store their items. When the key is re-inserted, the quarter is returned. These lockers are for day-use only. If a locker is used over night, it will be posted and after 24 hrs. the contents will be removed, bagged and numbered. The bag will be stored at the Welcome Desk of the TRECS until claimed.

Any lock or key that is checked out from RecSports and is lost, not returned or needs to be cut will have a replacement fee charged to the responsible participant to cover the replacement cost of the key or lock.

Any participant requesting a lock to be cut will need to provide proper ID to prove ownership. Participants are responsible for any cost associated with lock cutting (i.e. replacement cost) or lost key situations.

## Proper Workout Attire

In an effort to provide the highest level of safety and prevent additional wear and tear on equipment and machines in Fitness areas and group exercise classes, all participants are required to wear athletic clothing while working out or participating in activities.

Clothing **not** permitted while participating in recreational activities (the following list provides examples however additional items may be deemed not acceptable):

Clothing:

Jeans, jean-shorts, belts, cargo style shorts/pants, open toed footwear, croc style or similar style footwear, dress boots, footwear with metal buckles, dress shoes.

It is required that participants wear:

Athletic shoes with non-marking soles are required in all activity areas.

Shirts that cover the entire chest, back and top of shoulder areas must be worn in all indoor areas.

It is up to the judgment of the RecSports staff if attire is appropriate and safe for fitness related areas and activities. Participants not adhering to the proper clothing/attire policy will be asked to adjust as needed or to exit the facility.



## Towel Policy

All RecSports Facilities require that participants have a personal towel with them when using workout facilities. Towels for Fitness areas can be checked out at the Welcome Desk in TRECS. Participants in HPER must provide their own towel. Participants will be required to sign for and sign back in the towel for use. There is no cost for check-out Fitness towels.

**Shower towels and pool towels are available to rent at the Welcome Desk of the TRECS and SAC.**

## Alcohol/Tobacco

All RecSports facilities are alcohol and tobacco free (including smokeless tobacco). All RecSports facilities adhere to the “Smoke-Free Entrances” policy implemented through-out campus. Everyone must extinguish smoking material and dispose of smokeless tobacco prior to entering any facility or nearing any area designated “non-smoking” including entrance ways. This includes the entire plaza area in front of TRECS and the Student Aquatic Center. A smoking area is located on the west deck of the Student Aquatic Center.

Individuals who appear to be under the influence of alcohol and/or other drugs will be reported to UTPD and asked to leave any RecSports facility, as well as those who do not follow the tobacco-free policy. The University Police will be called to assist with individuals who do not cooperate.

In addition, a letter will be sent to the Office of Student Conduct or Human Resources concerning violation of University rules and regulations.

## Food/Beverage

Food and beverage services are available through Smoothie King located at the main entrance of TRECS and vending areas in the TRECS and SAC lobbies. Food and beverage may be consumed in the lobby areas of the TRECS and SAC. Consumption is not permitted past the turnstiles or card swipes in areas such as the main gym, fitness and weight rooms, group fitness rooms, pool deck or racquetball courts.

Spill-proof plastic water bottles will be permitted in all RecSports facilities. No open plastic cups are permitted in any RecSports facility.

Participants are not allowed to chew gum during activities or in facilities due to safety and maintenance concerns.



# Personal Hygiene

All participants are expected to respect the facilities and other participants as outlined in the Participant Code of Conduct. Included in this expectation is that certain aspects of personal hygiene are followed. This includes but is not limited to:

- Spitting and rinsing in water fountains only.(not on floors, walls or corners)
- Cleaning pads or equipment with disinfectant wipes or sprays is your responsibility following use. Cleaning products are provided in workout areas.
- Wearing clean and appropriate workout clothing.
- Avoiding workout areas and equipment when ill with contagious virus/cold.
- Covering open cuts or sores with proper materials.

Cases involving issues with the above bulleted items will be handled individually and discreetly between RecSports staff and participants. Full cooperation in each matter is appreciated.

# Pets

Pets are prohibited from entering all RecSports facilities, including the RecSports fields, with the exception of service animals. Owners of the service animals are required to clean up any pet wastes that occur in any RecSports facilities and surrounding areas. Owners must also notify the Welcome Desk staff that an accident occurred and the location so that the area can be properly disinfected.

# Literature Distribution

The distribution of leaflets, brochures, and advertisements is prohibited in all RecSports facilities and surrounding grounds unless approved by the Marketing Staff members. The use of sidewalk chalk on any surfaces outside RecSports facilities is also prohibited. To post materials properly in buildings, please contact the Marketing Staff at (865) 974-0492.

**Note: refer to Hilltopics, pg. 26, Literature Distribution**

# Music Policy

RecSports staff is responsible for controlling the type of music and volume level for any facility where music is played on a central system. The music played will be determined based on the general population using the facility and will not interfere with any other university policy or university group that may be in the



facility. Personal headsets are welcome, but the use of radios/portable stereos (“boom boxes”) is not permitted in any RecSports facility if they are used with the intended purpose of competing with the central sound system.

## Inclement weather Policy

In accordance with university policy, RecSports facilities and programs will be in operation, if the university closes due to inclement weather. Hours and programs will be adjusted accordingly as staff is available to safely open a facility.

Information will be posted on our web site, <http://recsports.utk.edu/> and on the Intramural hotline at 974-2307.

In cases of natural disasters (i.e., tornados, flooding, etc.); RecSports facilities may be designated as safety shelters and be closed for recreational activity to support emergency action plans.

Lightning:

RecSports Staff members are equipped with a Guardian Angel Lightning Detection Device. If the Guardian Angel indicates a thunderstorm in the area or lightning is seen or heard, all outdoor facilities are closed. The Outdoor Spaces will remain closed for at least 30 minutes after the last lightning or thunder is observed. This policy is consistent with the National Weather Service’s Lightning guidelines.

- Find a sturdy building for shelter during a lightning storm.
- Do not use sheds, tents or covered porches for protection from lightning.

UT Safety Website:

<http://safety.utk.edu/emergency-preparedness/severe-weather/>

**Note: Refer to Hilltopics, pg. 37, Inclement Weather**

## Photography Policy

To better serve and protect the privacy of our participants the use of photography equipment is not permitted inside any RecSports facility during open recreation or classes offered without prior permission from a professional member of the RecSports staff. This includes professional equipment or cell phone cameras. Violators will be asked to present their photos and/or asked to leave the facility and speak with UTPD if they do not cooperate.

The use of photo equipment on RecSports fields is not prohibited during club or intramural events but people shooting photos must check in with RecSports staff overseeing the event, report themselves and get the permission of opposing players and the team they want to photograph.

RecSports staff members are trained to approach individuals with photo equipment to confirm that they have followed the outlined steps for taking photos.

## Bikes/Skateboards/Rollerblades/Etc.

To protect our patrons and facilities, participants are not allowed to ride or use items such as **bikes, skateboards, rollerblades, hoverboards, or similar items** inside the facilities. Unless bikes are being returned to the Outdoor Rec Center from being rented or need to be repaired, all bikes must be locked to the bike racks located on the plaza outside the TRECS/SAC. Bikes are not permitted to be locked or chained to fences or benches around the facilities. Bikes may be removed if this occurs.

The use of skateboards/rollerblades is allowed on campus if being used for transportation. Anyone performing stunts or tricks on benches, curbs, etc., in or around RecSports facilities will be asked to stop and leave the area. If the individual or group does not cooperate, UTPD will be called for assistance.

## Equipment Checkout

Current UT students and RecSports members are eligible to checkout equipment free of charge for use for a variety of sports in the TRECS, SAC and HPER Building.

To receive equipment, all participants will:

- Present a valid University of Tennessee ID card (VolCard) to check out any equipment.
- Provide proper information for equipment loan form to RecSports staff
- Return equipment after use.
- Indoor sports equipment is designated for use in the facility it is checked out from only. The equipment should be returned to the location it is checked out from when leaving the facility.
- The individual checking out the equipment is responsible for that equipment. If the equipment is not returned or is lost, stolen, or damaged, payment must be made per the assessed replacement cost.
  - Payment for unreturned, lost, stolen, or damaged equipment will be billed to the participant. Further use of the TRECS may be suspended and the individual will be placed on hold with the Bursar's Office until payment of all bills are made

**For different types of equipment available please call the Welcome Desk at the TRECS at 974-5165 during operating hours.**



# Facility/Informal Recreation Policies

## Gymnasium/Sport Court Guidelines

- Proper athletic clothing and athletic shoes are to be worn in the gymnasium at all times. Non-marking shoes only. Turf shoes, street shoes, “toe-shoes” or similar “barefoot” footwear, and bare feet are prohibited.
- Dunking or grabbing the rim or backboard padding is strictly prohibited.
- Fighting and abusive language will result in ejection and suspension from all facilities.
- Food, gum, tobacco products or drink are not permitted.
- Participants may not wear hats during play.
- Participants must wear shirts at all times.
- No personal items are allowed on the playing floor. Place items in a day locker.
- Do not move any equipment set up on the courts. Ask RecSports staff for assistance with equipment set up or removal.

## Gymnasium/Sport Court Priorities

- 1. RecSports Programming**
- 2. University Affiliated Groups**
- 3. Academics (#1 priority in HPER)**
- 4. Athletics**
- 5. Non-University Affiliated Groups**

- RecSports programming includes: group fitness, open recreation, intramurals, sport club activities and special recreation events.
- Unless there is a pre-scheduled event, TRECS courts will be maintained as open recreation courts.
- Priority for court use in HPER applies to Courts A & D. Court B is for scheduled events/classes only.
- Due to the lack of court space, reservations for Intramural team practices or special interest groups will not be accepted. Teams/groups may participate as open recreation users.



# Gymnasium Open Recreation Court Priority

1. Open play full court 5-on-5 basketball has priority.
2. Open play 6-on-6 volleyball will be set up upon request if there are 12 participants present.
3. Open play half court basketball.
4. Open play badminton will be set up if the court is not in use.

Basketball will be played as follows: games will be played to 15 win by 2 points (inside the 3-point line is 1 point, outside the 3-point line is 2 points) with a 20 point maximum or for 30 minutes whichever is shorter.

Volleyball will be played as follows: matches will be played best 2 out of 3 games played to 25 using rally scoring or for 45 minutes whichever is shorter.

Badminton will be played as follows: matches will be played best 2 out of 3 games played to 21 or for 45 minutes whichever is shorter.

Once a game/match has begun, the game/match will continue to completion, and then the next highest priority activity is allowed to start.

Please see the Welcome Center attendant with any questions.

## Indoor Track Guidelines

- The track is for runners, joggers, and walkers only. Spectators must use lower level. No standing at the rail.
- Food/gum are not allowed on the track. Only water bottles with sealable lids are permitted.
- Participants should circle the track in the direction that is specified for the day on the electronic message board near the stretching area.
- All walkers should position themselves to the inside lanes of the track and runners to the outside lanes.
- Faster runners should pass to the outside of slower runners.
- Only athletic, running, or training shoes are to be worn on the track.
- Stretching must be confined to designated stretching areas.
- Infant strollers are permitted for walking on the track between 8:00am-11:00am Monday-Friday, and 12:00pm-2:00pm Saturday and Sunday. Running or jogging with a stroller is prohibited.
- Track distance: 7 laps = one mile



## Racquetball Court Reservation Procedures (TRECS)

1. Reservations may be made one day in advance by calling (865) 974-5165 or stopping by the Welcome Desk in TRECS.
2. Only one reservation is allowed per person per day, and there is a one-hour time limit on all reservations.
3. Reservations cannot be made for the same group of players for back to back hours. Example: player A & B want to play, player A reserves court for first hour, player B for the second hour.
4. Participants forfeit their reservations if they do not show within ten minutes of their scheduled time.
5. A minimum of two players is required to reserve a court.

## Racquetball Court Guidelines

- Proper athletic clothing and athletic shoes are to be worn in the courts at all times. Non-marking shoes only. Turf shoes, street shoes, “toe-shoes” or similar “barefoot” footwear, and bare feet are prohibited.
- Eye protection is recommended and can be checked out at the equipment issue area.
- Participants should refrain from the deliberate abuse of the walls, floors, and doors. Loss of use of facilities & programs along with charges for damages may occur for abuse to facility or equipment.



## RecSports Turf Field & Outdoor Court Policies (for tennis and basketball)

### General Use

- The Turf Field and Outdoor Courts are the property of the University of Tennessee and may only be utilized by students, faculty, and staff with valid UT identification.
- University and Departmental policies are in effect at all RecSports facilities.
- Only athletic shoes or molded cleats may be used. “Toe shoes” or similar “barefoot” footwear and bare feet are prohibited.
- Activities or items that may damage the surface are not permitted.
- No alcohol, tobacco products, food, beverages, or gum allowed
- Pets are not permitted unless it is registered as a service animal.
- No trespassing on the field when the gates are locked.
- When the field and courts are available for open recreation, use at your own risk.
- Rollerblades, skateboards, and bikes are not permitted on courts or field.
- Activities or items that may damage the surface of the fields or courts are not permitted.

Please call RecSports at 974-5766 for reservation procedures or visit the RecSports web site at <http://recsports.utk.edu/> and click on the “Request a Facility Reservation” link under Online Forms at the bottom of the page.

## RecSports Fields at Sutherland Policies

### General Use

- The RecSports Fields at Sutherland are the property of the University of Tennessee and may only be utilized by students, faculty, and staff with valid UT identification or by permission of the RecSports Department.
- Patrons must be prepared to present their validated VolCard when requested by any University of Tennessee official (RecSports staff, UTPD, etc.)
- University and Departmental policies are in effect at all RecSports facilities. Patrons are expected to behave in a manner that will not detract from the enjoyment of others using the facility.

- No trespassing on the field when the gates are locked. The RecSports Fields at Sutherland are under 24-hour video surveillance. Climbing any perimeter fence constitutes trespassing and trespassers will be prosecuted. Gates will be open and closed by staff for any open recreation and event times.
- Proper attire for the venue/activity is required. Only athletic shoes or molded cleats may be used. Bare feet are prohibited.
- Sports, recreation, and related warm up activities may only occur in designated activity areas. Any activities or items that may cause damage to the facility are not permitted (i.e. golf or archery).
- No alcohol, tobacco products, illegal drugs, glass, or weapons allowed. Coolers at events are subject to inspection.
- Animals are not permitted unless it is registered as a service animal.
- Participants and spectators shall be aware of flying objects and participate at your own risk.
- Rollerblades skateboards and bikes are not permitted on the fields or courts.
- Do not throw, hit, or kick balls at any of the fences.
- Bikes must be parked at designated bike racks, and should not be attached to fences or on playing fields. Bikes left on racks for more than 2 weeks will be confiscated and donated to a local charity.
- During inclement weather (lightning, thunder, or tornado, etc.) the fields will be closed and participants will be asked to leave the fields and go to a safe location. (please see specific lightning policy)
- No photography or videography without prior approval per the RecSports Participant Handbook.
- Children under the age of 18 must be supervised by an adult age 18 years or older.
- The selling of food, beverages, or merchandise is prohibited without prior approval from the Dean of Students office through the submission of a Solicitation form and approval of the RecSports Department.
- All heat sources are prohibited. Exceptions may be permitted for generators provided the heat source is separated from the sport turf surface by least 5/8" with a non-heat conducting material (i.e. plywood.)
- Any users or spectators who violate RecSports or University policies can be removed from the facility and face suspension from use of all RecSports facilities.

### Thunder and Lightning

RecSports Fields are equipped with a Lightning Detection Device. If one blast is heard and the strobe light is visible or lightning is seen or heard all outdoor facilities are closed. All participants will be asked to leave the fields and seek shelter in their vehicles and away from fences. When 3 short blasts sound and the

strobe lights are off activity may resume on fields. This policy is consistent with the National Weather Service's Lightning guidelines.

- Find a sturdy building for shelter during a lightning storm.
- Do not use sheds, tents or covered porches for protection from lightning.

Here is the link to the safety page on campus:

- <http://safety.utk.edu/emergency-preparedness/severe-weather/>

## Reservations

In order to make a reservation for The RecSports Fields at Sutherland please contact RecSports at 865-974-5766 or visit the RecSports web site at <http://recsports.utk.edu/> and click on the "Request a Facility Reservation" link under Online Forms at the bottom of the page. Available space and times are limited

## Parking Lot

1. The parking lot is available for use during open recreation and programmed hours. Any cars left in the parking lot when the facility is closed will be locked in. The owner will have to contact UTPD to get their car out of the lot after hours. 865-974-3111.
2. All University, State, and local laws will be enforced. Park at your own risk.
3. University and Departmental policies are in effect at all RecSports facilities
4. The parking lot at the RecSports Fields at Sutherland are under 24-hour video surveillance.

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# Aquatics Policies

## Recreational Swimmers

A lifeguard must be on deck or in a guard stand for recreational swimmers to enter either the indoor or outdoor pool during open swim hours. Swimmers that enter before or without a lifeguard in the proper area will be asked to leave the facility.

Recreational swimmers should circle swim when there are two or more swimmers in a lane (See lifeguard for instructions). Swimmers should comply with lifeguard's instructions at all times. Rules and regulations will be enforced immediately by the lifeguards when there is a safety concern.

The diving well for the indoor pool will be closed for open recreation swim unless it is posted open and a lifeguard is present to watch the area. Only one meter and three meter spring boards will be available for open recreation use.

## Pool Area Rules and Regulations

1. All patrons are encouraged to take a shower before entering the pool to maintain a healthy environment. Sand volleyball players are required to shower off all sand prior to entering the pool area.
2. Cut-offs and light colored spandex clothing are not permitted in the pool.
3. Anyone with an open sore, infectious disease or bandaged area will not be permitted to swim or admitted into the pool area.
4. Running, pushing, dunking, general horseplay and gymnastics are prohibited in the pool area.
5. No food, alcohol, or tobacco products are allowed on the pool deck.
6. Plastic beverage containers are allowed on the pool deck. Glass containers are prohibited. No open plastic cups
7. Spitting, spouting water, and blowing nose are prohibited in the pool.
8. Profanity, vulgar language, and improper behavior will not be tolerated. Violators will be referred to Student Judicial for Hilltopics rulings.
10. Headfirst diving into less than five feet of depth is prohibited.
11. No hanging on lane lines or diving off starting blocks.
12. Lounge chairs must remain on the pool deck.
13. Any equipment belonging to RecSports and the SAC such as fins, kickboards, pull buoys, hand paddles, volleyballs, water polo balls, and water vests/floatation belts are available for use and must be put back in their proper place after use.



## Diving Well Rules

1. There must be a lifeguard in the stand during diving well use.
2. Only one person at a time is allowed on the diving board or the ladder.
3. Only one bounce allowed on the board.
4. Make certain that the previous diver has reached the ladder before diving off the board.
5. All divers must use ladders to exit the pool.
6. If two boards are in use then the inside board users must wait for the previous diver from the other board to reach the ladder before diving.
7. Horseplay is not permitted in the Diving Well.
8. Swimming in the Diving Well is permitted only when the Lifeguard closes boards, and there is a Lifeguard in the Diving Well Stand.
9. Recreational diving is NOT permitted on platforms.

## Pool Policies for Children

1. Authorized children may swim anytime during open swim.
2. A non-swimmer must be within arms reach of an adult in swimming attire in the pool. US Coast Guard approved lifejackets and swimsuits with floatation are allowed, but the supervising adult must still be in the water with the child. No water wings are allowed.
3. The lifeguard staff reserves the right to swim test any child using the facility. The test will include:
  - a. Swimming one length of the diving well
  - b. Treading water for one minute
  - c. Exiting the pool without the use of a ladder and unassisted
4. It is recommended that children wear properly fitted, US Coast Guard Approved Life Jackets.
5. Children who are not toilet-trained must wear a swim diaper.

## Weather Policy and Winter Closing Dates

The use of the indoor or outdoor pool will be determined on a daily basis by the Aquatics Program Director. A sign will be posted at the Welcome Desk of the SAC each day indicating the status of the pool. Weather conditions or maintenance work on the pools will be used as the determining factors for this decision. During summer months, both pools will be offered on a limited basis during early afternoon time periods to assist those trying to avoid sun exposure for an extended period of time. The outdoor pool will close immediately due to any inclement weather involving thunder and lightning. In addition, the outdoor pool will close for use mid-fall through early spring (generally mid-October – February) for open recreation use.



# Fitness, Group Fitness & Personal Training Policies

The Fitness program offers participants a safe, complete workout in the area of cardiovascular conditioning, flexibility, and strength training. Participants have the opportunity to work out on their own in the various fitness areas, participate in Group Fitness classes, or sign up for personal training sessions. Whether you enjoy working out alone or surrounding yourself with people who have similar fitness goals, the Fitness program has something for everyone.

Fitness areas are located in both the TRECS and HPER buildings. These facilities house a wide selection of free weights; plate loaded and selectorized machines as well as a variety of cardio equipment including treadmills, ellipticals, and stair steppers. In an effort to provide a safe workout environment, RecSports requires that all participants adhere to the following policies and procedures when utilizing the fitness areas:

## General Policies:

- Obey all posted rules in the Fitness area and the RecSports Participant Handbook.
- Direct any questions on equipment use to Fitness staff.
- Wipe down all equipment (cardio and weight training) after use with sanitary wipes and sprays provided in workout areas.
- Participants must 17 years of age or older to use any strength training & cardio equipment.
- All participants must be dressed in proper workout attire. *Note: See Proper Workout Attire under the General Policies section.*
- All participants are required to have a personal workout towel with them at all times during their visit to use any RecSports Fitness area for sanitary purposes.
- Participants must use a spotter at all times when lifting weights over themselves (head, chest, etc.).
- No food or gum will be allowed in any fitness area.
- Plastic water containers with sealable lids are allowed
- There is no chalk use permitted in the Fitness area.
- The mixing and consumption of any energy drinks, proteins drinks, etc. is not permitted in a fitness area.
- Weight plates or dumbbells are not permitted to be used as additional weight on pin select or selectorized equipment.



- Participants are not allowed to use themselves or others as additional weight/resistance when performing exercises on equipment or individually.
- Report any equipment issues or injuries to the Fitness staff on duty immediately.

## Dumbbell Area Policies:

- Dumbbells are not to be dropped, slammed down or thrown down. Participants must control the weights at all times.
- Participants are not allowed to rest dumbbells on top of the upholstered utility benches or cubby shelves.
- All dumbbells must be put back on their designated rack after use.
- Dumbbells are not allowed to be added to weight stacks as additional weight.
- Wipe down equipment after use with supplied wipes or spray bottles

## Free Weight Area Policies:

- Weight collars are required on all weight bars when using any plate loaded equipment.
- All Olympic style lifts, dead lifts, etc. must be performed within power racks in designated area.
- Use bumper plates when performing Olympic style lifts, dead lifts, etc.
- Re-rack weight plates after use to their correct location and rack.
- Participants must control weight during Olympic style lifts at all times. Dropping or throwing down of plates and bars at the end of an exercise is not permitted.
- Wipe down equipment after use with supplied wipes or spray bottles

## Pin Select/Selectorized Equipment Policies:

- Check that pin is completely inserted into weight stack before using.
- Do not add weight plates onto the pin in the stack. Only use weight provided by manufacturer.
- Do not slam weight stacks. Maintain control of weight during entire repetition.
- Allow persons doing single set circuit training to work through when performing multiple sets.
- Wipe down equipment after use with supplied wipes or spray bottles



## Cardio Equipment Use Policies:

- Obey the 30 minute time limit when others are waiting for cardio machines.
- Wipe down cardio equipment after use with supplied wipes or spray bottles.
- Report any problems with equipment or entertainment system to staff on duty immediately.

## Group Fitness Class Policies

Group Fitness offers a variety of fitness classes to accommodate the interests of all participants. All group fitness classes are offered at no charge to students & Faculty/Staff, who are RecSports members and provide valid identification upon entrance into the TRECS. All classes are “first come, first serve.” Fitness classes provide participants an opportunity to develop, grow, and maintain a healthy lifestyle within a fun and friendly atmosphere.

Group Fitness instructors are certified to teach by a nationally recognized organization. The Fitness program offers several classes covering six days a week during the regular school year. Visit the RecSports website for the complete group fitness class descriptions & schedules: <http://recsports.utk.edu/Programs/Fitness/>

Participants must adhere to the following policies during classes:

- No food or gum is allowed in the studios.
- Plastic water containers with sealable lids are allowed in studios
- All participants are required to bring a personal workout towel with them to class.
- Return all equipment to the respective storage area after use.
- Turn off all cell phones and pagers during class.
- Inform instructor of any medical conditions you may have before class begins.
- Excessive and loud talking during class is prohibited.
- Use heart rate charts to monitor level of cardio intensity.
- Participants must wear protective hand wraps when using heavy bags.
- Only proper athletic clothing and athletic shoes are to be worn in the studios. Non-marking shoes only. Turf shoes and street shoes are prohibited. Bare feet are prohibited except when instructed by Group Fitness Instructor.

## Equipment Orientation

For the convenience of all patrons, an equipment orientation is available at no cost. This orientation is conducted by the fitness floor staff and is designed to familiarize patrons on the proper usage, safety features, and adjustments available on all fitness equipment. The equipment orientation includes all cardio, selectorized (weight machines), and free weight equipment.

## Personal Training

The Personal Training program is a service that is offered through the RecSports Fitness program, at a cost to the client. It is one-on-one training that is implemented through a client/trainer relationship. An individual client program may include weight management, sport specific training, cardiovascular training, and long term life fitness, as determined by the individual and the personal trainer. The Personal Training program offers a variety of training options for the client, to suit their schedules and needs. Available program options include Fitness Assessments, Workouts to Go, Individual Sessions, and Buddy Sessions. <http://recsports.utk.edu/Programs/Fitness/>

Trainers are available through the RecSports Fitness Director. People not employed by the RecSports Department are not allowed to Personal Train in RecSports facilities. Any individual violating this policy will be asked to leave and may lose facility use privileges.

## Safety Recommendations

Please visit the RecSports web site for a list of recommendations to assist you in having a safe and enjoyable workout: <http://recsports.utk.edu/Programs/Fitness/>



# Intramural Policies

The Intramural Program at the University of Tennessee is designed for maximum student participation. The objective of the program is to offer a wide range of activities that can be enjoyed by the majority of students. A determined effort will be made to provide a high quality, well-organized and supervised program that is responsive to the needs of all participants. It can be said that the Intramural program is "for the students and by the students."

## Intramural Contact Information

The Intramural Sports Office is located in the lower lobby of the Student Aquatic Center, room 102. Contact the Intramural Hot Line for daily scheduling information at (865) 974-2307 or at the RecSports web site at <http://recsports.utk.edu/Programs/Intramurals/>. Please direct all other inquiries to the Intramural Sports office at (865) 974-2382.

## Eligibility

All participants wanting to participate in Intramural activities must meet the following:

- Currently enrolled student with a valid VolCard during the semester currently enrolled in and has paid the appropriate Student Programs & Services Fee (SPSF). During Mini & Summer terms, students must be enrolled during one session and pay the SPSF Fee or purchase a summer RecSports membership to be eligible.
- Faculty/Staff must be currently employed with a valid VolCard and have purchased a RecSports membership to participate. Membership is required for all intramural activities including those held in the HPER Building.

A valid Volcard with picture must be presented at each contest a participant takes part in for intramurals.

Players are eligible to play on only one same sex team and one co-Rec team for any sport offered. Example: male participants can play on one all men's team and one Co-Rec team.



For a complete listing of rules & policies, sports offered and other items related to Intramurals, visit our RecSports web site at: [recsports.utk.edu/IM](http://recsports.utk.edu/IM) or call the Intramural Office at 974-2382 during regular business hours, Monday-Friday.

# Outdoor Recreation

The University of Tennessee Outdoor Program (UTOP) provides a variety of programs and services for all outdoor enthusiasts within the university community. Programs offered by UTOP emphasize skill acquisition, leadership development, team building, environmental awareness, safety, and fun. Additionally, these programs are inclusive to all levels and abilities and contribute to the holistic well-being and the academic experience of the individual.

## Outdoor Program General Information

The Outdoor Center is located on the lower level of the TRECS, and is comprised of staff offices, a lobby area, a resource room, a bike shop and an equipment room. The resource room contains a library of outdoor books, periodicals, videos, and maps, as well as a computer to aid in researching and planning outdoor adventure trips and activities.

Additionally, UTOP is responsible for an extensive outdoor equipment rental program which is available for use by all current UT students and RecSports members. UTOP also provides on a semester basis a comprehensive program guide of Adventure Trips, Weekly Activities and Special Events. The UT Climbing Wall, located in HPER 202B is managed by UTOP and is one of the area's largest bouldering and climbing facility's. All potential climbers must have their UT ID to use the wall and must attend a Wall Safety Orientation to use the bouldering wall. UTOP Climbing staff must be present for any use of the wall.

To obtain more information about outdoor equipment rentals, the bike shop, trip sign-up policies and procedures, and the climbing wall, please contact the Outdoor Center at (865) 974-9749 or visit the RecSports website [http://recsports.utk.edu/Programs/Outdoor\\_Rec/](http://recsports.utk.edu/Programs/Outdoor_Rec/).



## Valid Identification

Students, faculty, and staff must provide valid UT identification with Students paying the appropriate SPSF Fee and Faculty/Staff having purchased a RecSports membership in order to rent equipment, participate in adventure trips, or use the climbing wall.

## Outdoor Program Guest Policy

Equipment Rental and Adventure Trips are available only to UT students, faculty, and staff. Guests are not permitted to attend any programs sponsored by the Outdoor Center or rent outdoor equipment.

With the purchase of a daily guest pass (\$10) and an additional climbing wall pass (\$15) for that day, guests may utilize the climbing wall with an appropriate sponsor (current UT student, faculty or staff member with RecSports membership—sponsor must stay with their guest at all times).



# Sport Clubs

The Sport Clubs program at the University of Tennessee provides support for student organizations dedicated to sport and recreational activities, and allows students the opportunity to learn new sports or to continue in their sport at a competitive level. Sport Clubs may be organized for recreational, competitive, or instructional purposes, or a combination of these elements. To learn more about a specific club, how to join or how to start a club, or other policies and procedures visit our web site at [http://recsports.utk.edu/Programs/Sport Clubs/](http://recsports.utk.edu/Programs/SportClubs/).

As with other RecSports programs, to be eligible for club membership, a student must be currently enrolled and meet other eligibility standards set by the club. Faculty/Staff members must be a RecSports member and meet other eligibility standards set by the club and the sports governing body.

## Current Sport Clubs

- Badminton
- Baseball
- Bass Fishing
- Bowling
- Canoe & Hiking
- Crew
- Cricket
- Cycling
- Dodgeball
- Equestrian
- Fencing
- Field Hockey
- Ice Hockey
- Kung Fu
- Lacrosse (M)
- Lacrosse (W)
- Martial Arts
- Paintball
- Racquetball
- Roller Hockey
- Rugby (M)
- Rugby (W)
- Sailing
- SCUBA
- Snow Ski and Snowboard
- Soccer (M)
- Soccer (W)
- Softball, fast-pitch



- Swimming
- Tennis
- Triathlon
- Tumbling
- Ultimate (M)
- Ultimate (W)
- Volleyball (M)
- Volleyball (W)
- Water Polo
- Water Ski and Wakeboard
- Wrestling

To obtain more information about Sport Club programs, please contact the Sport Club Office at (865) 974-0492 or visit the RecSports website at [http://recsports.utk.edu/Programs/Sport\\_Clubs/](http://recsports.utk.edu/Programs/Sport_Clubs/).

(updated March 1st, 2015)

