

University of Tennessee  
RecSports

# Participant Policy Handbook



THE UNIVERSITY OF  
TENNESSEE  
KNOXVILLE

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RECSports

# Welcome to UT RecSports!

For more than 50 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 Pursuits, 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, 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 diverse group of people, RecSports supports the mission of Student Life. The Division of Student life provides opportunities where students exemplify the Volunteer Spirit, inspiring others to learn, lead, and serve.

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 deliver recreational experiences that enhance the growth and well-being of our student and community through program, facilities, services, and employment.

## **Vision**

The Vision of RecSports is to engage and develop all Vols for a better future.

# 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.

## Participant 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:

- 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 can have their privileges revoked when engaging in inappropriate behavior or violating RecSports/University policies.

*Note: Student Code of Conduct Preamble HR Code of Conduct HR0580*

## 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 everyone 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.

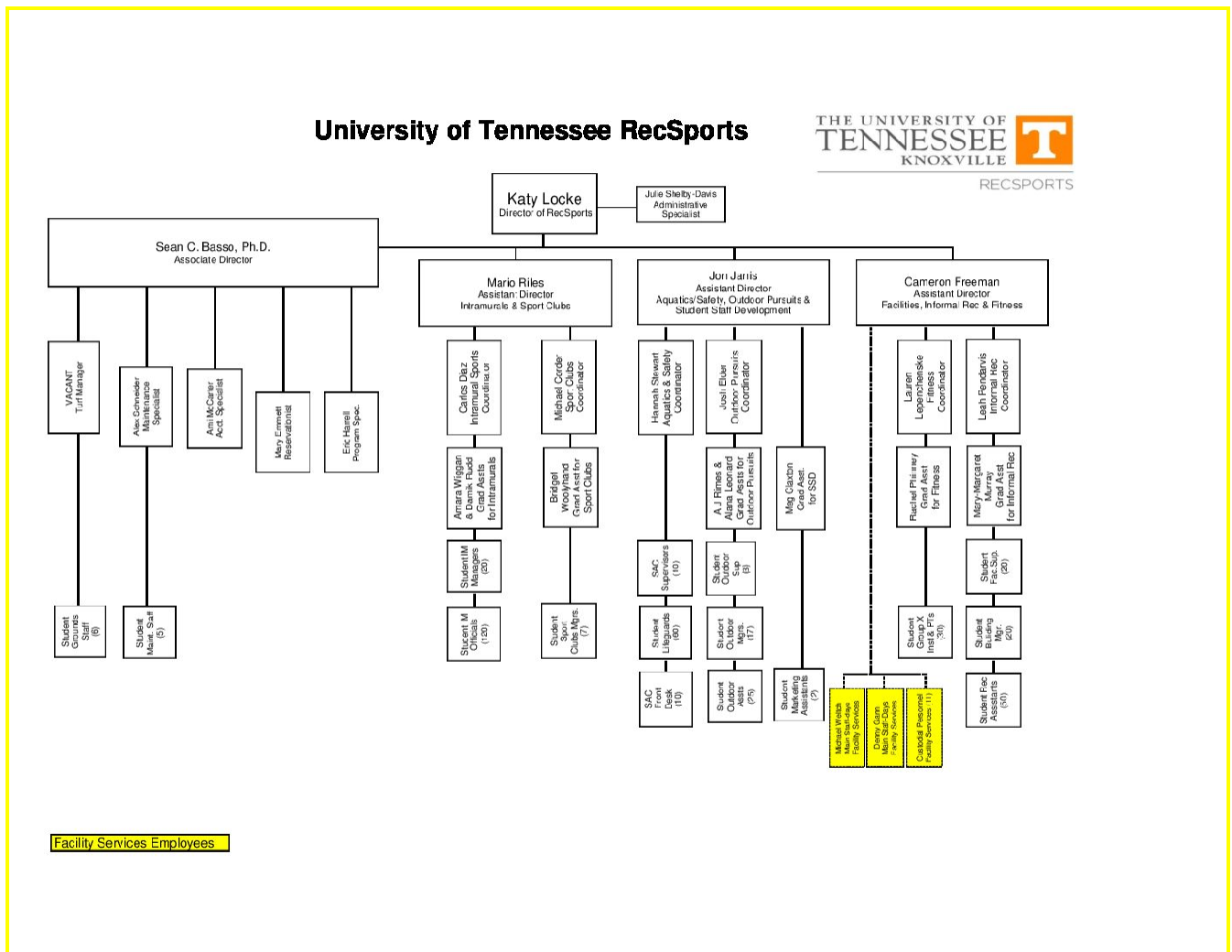
*Note: [Risk Management General Liability Claims](#)*

# RecSports General Information

## RecSports Staff

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

## RecSports Org Chart



## Location of Facilities and Activities

Aquatic, Fitness, Informal Recreation, Intramural, Outdoor Pursuits, and Sport Club programs utilize several facilities. These facilities 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 [TRECS | RecSports \(utk.edu\)](#)

The following is a list of activities 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 four multi-purpose sport courts for basketball, volleyball, badminton, and other activities; locker rooms, including two single-use locker rooms; the Intramural office; [Tennessee Orthopedic Center](#) athletic training suite; a study room; and Blenz. On the upper level, there is a 1/7-mile track, indoor turf area, a variety of cardio machines, 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 Sport Club programs 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.

**Student Aquatic Center (SAC)**: Aquatics 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. 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 and user groups such as swim lessons, kayak sessions, swim teams and water safety instruction. Use of the pools requires a certified lifeguard to be on duty.

**RecSports at HPER**: The HPER building continues to serve RecSports with activity spaces for recreational programming. It contains two basketball/volleyball/badminton courts, ten racquetball courts, one 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. In the basement there is a 4-lane lap pool that is used for classes and programming only. Located to the west and adjacent to the HPER building are six tennis courts.

**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.

**Sutherland Field Complex:** Located 3 miles from campus, 38 acres for outdoor play. This facility includes 4 grass fields, 4 artificial turf fields, 2 softball fields, and 3 sand volleyball courts.

**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: <https://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 until two (2) hours before kick-off for games starting after 2:00pm.
- Recreation facilities will not reopen 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 available to recognized student organizations and campus departments. To request a facility please complete the facility reservation sheet and someone will contact you: [Facility Reservation Request - UT RecSports Fusion Member Portal \(utk.edu\)](#)

# General Policies

## General Facility Rules

RecSports strives to provide a wide variety of programs and well-maintained facilities. 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 Student Code of Conduct and Human Resources guidelines. Adhering to these policies will ensure one remains in good standing with both the RecSports Department and the Office of Student Conduct and Community Standards or Human Resources.

*Note: Student Code of Conduct Preamble & HR Policy HR0580 – Code of Conduct*

## **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 Friday from 8:00AM to 5:00PM)

[Student Membership](#)

[Summer Membership](#)

[Faculty/Staff Membership](#)

[Plus One Membership](#)

[Dependent Membership](#)

## **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:

UT ID cards may be used only by the owner. Physical 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 the day and will have a loss of privilege for 3 days. An ID Card not claimed the day it is confiscated will then be sent to Vol Card per Hilltopics regulations for misuse of an ID. Both individuals involved receive an immediate

suspension. Incidents involving Faculty/Staff carry the same penalties and will be referred to the Human Resources Office on campus.

## 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 (2111 Volunteer Blvd)
- Welcome Desk at the SAC (2106 Andy Holt Ave)
- Welcome Desk at the Outdoor Pool (2106 Andy Holt Ave)
- Sutherland Field Complex Main Pathway entrance (3620 Sutherland Ave)

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

## Guest Policy

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

- Guest passes can be purchased online through the [member portal](#)
- Guest passes are valid for the day they are purchased at all recreation facilities.
- When you arrive at the facility please check in at the main entry point and show proof of purchase.
- Sponsors must stay with their guest at all times;
- Sponsors are responsible for the conduct of their guests at all times.
- Guests are expected to adhere to the same code of conduct as members and will avoid suspension of facility use by doing so.
- Equipment check out is reserved for only members, thus a guest must check out equipment through their sponsor.
- Sponsors are eligible to bring two (2) guests per day. \*\*\*

\*\*\*Additional guests may be sponsored under special circumstances such as family members visiting. Please call the RecSports Office at 865-974-0492 for additional details

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



## Accident/Injury Policy

Keeping participants safe is the number one priority for RecSports employees. Many of the RecSports staff 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 ambulance or emergency personnel is necessary, participants are asked to contact RecSports staff immediately so emergency procedures can be activated that include contacting UTPD. RecSports employees will not transport injured victims for the safety of the victim and the employee.

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, while using any facility. 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.

For the safety of our members, children under the age of 16 are only allowed to use the track, basketball courts, racquetball courts and swimming pools.

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.

## 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 day use lockers, located in the TRECS. If a locker is used overnight, 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.

Proper ID is requested when a participant locks themselves out of a locker. .

## **Proper Workout Attire**

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 requested to wear athletic clothing while working out or participating in activities.

Closed-toed athletic shoes with non-marking rubber soles are required in all activity areas.

**The following list of clothing that can cause damage to participant while participating:**

- Open toed footwear
- Croc style or similar style footwear
- Dress shoes

## **Towels**

Fitness area towels can be checked out at the Welcome Desk in TRECS. 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

UT is a tobacco-free campus. All RecSports facilities are alcohol and tobacco free (including free of vaping products).

Individuals who appear to be violating this policy will be asked to leave and referred to the Student Conduct Office or Human Resources.

The University Police will be called to assist with individuals who are not compliant with this policy.

## Food/Beverage

Food and beverage services are available through [VOLDining](#) 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. For the health of our participants, we recommend that food or gum is not consumed once inside the facility

Spill-proof plastic water bottles are welcomed in all RecSports facilities.

## 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.
- Cleaning pads or equipment with disinfectant wipes or sprays following use. Cleaning products are provided in work out areas.
- Wearing clean and appropriate workout clothing.
- Avoiding visiting facilities when ill with contagious virus/cold.
- Covering open cuts or sores with proper materials.

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

## Pets

RecSports facilities, including the RecSports fields, only allow service animals. At this time emotional support animals are only allowed in and around the residence halls. 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

Requests should be presented to the Administrative Office (upper level) in the TRECS facility for approval by the RecSports Staff. Requests for the TRECS, Student Aquatic Center, Fields, HPER Building, and surrounding grounds must be submitted to this location for approval.

## 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 listening devices are welcome indoors, amplified music is allowed outside during informal recreation only.

## Inclement Weather Policy

During inclement weather RecSports makes every effort to offer facilities and Hours and programs will be adjusted accordingly as staff is available to safely open a facility. Information will be posted on our website, [RecSports | The University of Tennessee, Knoxville \(utk.edu\)](https://recsports.utk.edu)

**IM hotline:** 865-974-2382

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:

The RecSports Department staff will take a three prong approach to determine if activities should be suspended depending on location.

1. Utilization of the WeatherSentry app with a lightning setting of 12 miles from campus. This is a university wide accepted application recommended by the Office of Emergency Services. This will be the first approach at TRECS and the Student Aquatic Center.
2. Utilization of the THOR Guard with a lightning setting of 12 miles from the field complex. This will be the first approach at the RecSports Field Complex

3. If both the Weather Sentry and THOR Guard are not functional properly, staff will cease outdoor activities if lightning is seen, or thunder is heard regardless of the distance away from the facilities.

Some guidelines that RecSports staff members will abide by when lightning or thunder is in the area are:

- Any outside activity will stop immediately.
- Participants using any outside facilities will be requested to leave the area, move away from any fencing or other permanent structures that could conduct electricity and seek shelter until instructed otherwise.
- When the last lightning is seen, and thunder is heard the staff will wait 30 minutes until they resume the activity.
- THOR GUARD- 12 miles a siren will go off, and provide an all clear or 30 minutes after last siren
- Weather Sentry – will provide a recommended all clear within the app based off lightning within a 12 mile radius

## 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.

The use of photo equipment on RecSports fields is allowed 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 will approach individuals with photo equipment to confirm that they have followed the outlined steps for taking photos.

## Bikes/Skateboards/Rollerblades/Etc.

**Bikes, skateboards, rollerblades, hoverboards, or similar items are for outside use only.** If bikes are being returned to the Outdoor Center from being rented or need to be repaired, please enter through the UT Drive entrance of the facility. All bikes must be locked to the bike racks located on the plaza outside the TRECS/SAC. Bikes locked or chained to fences or benches around the facilities will be cut and picked up by parking services.

For participants looking to practice stunts and tricks please visit the Knoxville Skatepark in [Tyson Park](#)

# 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 VolCard to check out any equipment.
- The equipment should be returned to the location it is checked out from when leaving the facility.
- Indoor sports equipment is designated for use only in the facility it is checked out from.
- The individual checking out the equipment is responsible for that equipment, Payment for unreturned, lost, stolen, or damaged equipment will be billed to the participant through the Bursar's Office.

**For different types of equipment available please call the Welcome Desk at the TRECS at 865-974-5165 during operating hours.**

# Aquatics Policies

## Recreational Swimmers

A lifeguard must be on deck or in a guard stand for recreational swimmers to enter either the indoor pool 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 lifeguards' instructions at all times. Rules and regulations will be enforced immediately by the lifeguards when there is a safety concern.

The indoor diving well will be closed for open recreation swim unless it is posted open and a lifeguard is present to watch the area.

## Pool Area Rules and Regulations

- 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.
- Patrons must wear appropriate swimming attire while in and around the pool. Please avoid Cut-offs and light colored spandex.
- Anyone with an open sore, infectious disease or bandaged area will not be permitted to swim or admitted into the pool area.
- Walking on the pool deck will be enforced at all times.
- Avoid general horseplay such as pushing, dunking, and gymnastics.

- Spill-proof plastic water bottles are welcomed in all RecSports facilities.
- Please avoid spitting, spouting water, and blowing your nose in the pool.
- Headfirst diving must occur at five (5) feet or deeper.
- Please rest on the end of the swimming pool at the wall, this will reduce wear and tear on the lane lines.
- Lounge chairs need to remain on the pool deck.

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, please return any borrowed equipment to its designated area.

### **Diving Well Rules**

- Please ensure there is a lifeguard on stand before using the dive well.
- Only one person at a time is allowed on the diving board or the ladder.
- Only one bounce allowed on the board.
- Make certain that the previous diver has reached the ladder before diving off the board.
- Use ladders to exit the pool.
- 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.
- Swimming in the Diving Well is permitted only when the Lifeguard closes boards, and there is a Lifeguard in the Diving Well Stand.
- Platforms are not available for recreational swimming.

### **Pool Policies for Children**

- Authorized children may swim anytime during open swim
- A non-swimmer must be within arms reach of an adult in swimming attire in the pool. US Coast Guard approved life jackets and swimsuits with floatation are allowed, but the supervising adult must still be in the water with the child. RecSports can provide an approved life jacket if needed. Water wings can slip off or deflate in the water and are not recommended as a swim aid.
- The lifeguard staff reserves the right to swim test any child using the facility. The test will include:
  - Swimming one length of the diving well
  - Treading water for one minute
  - Exiting the pool without the use of a ladder and unassisted
- Please ensure any child not toilet-trained is wearing 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 and Safety Program Coordinator. 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 due to inclement weather involving lightning utilizing the RecSports lightning policy. In addition, the outdoor pool will close for use mid-fall through early spring (generally mid-October – February) for open recreation use.

## **Facility/Informal Recreation Policies**

### **Fitness Area Guidelines**

- All equipment should be used as intended by manufacturer guidelines.
- Personal items should be placed in a day-use locker.
- Free weights must be controlled to the ground or weight rack at all times.
- Return all weight equipment and accessories to designated areas after use.
- Wipe down equipment with provided gym wipes before and after use.
- Exit fitness equipment when not actively in use to allow other participants access to equipment.
- Ask staff for any assistance with fitness equipment.

### **Multi-Purpose Court Guidelines**

- RecSports programming has priority, including group fitness, intramurals, sport club activities, and RecSports events.
- Unless there is a pre-scheduled event, TRECS and HPER courts will be maintained as open recreation courts during RecSports operating hours.
- Open recreation sport activities will be set up on the courts at the discretion of RecSports staff.
- Ask RecSports staff for assistance with equipment set up or removal.

### **Racquetball Court Guidelines**

- Racquetball court use is first come, first serve.
- 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.

### **Indoor Track Guidelines**

- The track is for runners, joggers, and walkers only. Spectators of courts must use lower level. Please refrain from standing at the rail.
- 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.
- Track distance: 7 laps = one mile

### **Group Fitness Studio Guidelines for Informal recreation**

- Access to group fitness studios 7, 9, and 11 may be requested at equipment checkout.
- Sole use of a studio will only be allowed with formal reservation through RecSports reservation system found at this link: [Facility Reservation Request - UT RecSports Fusion Member Portal \(utk.edu\)](#)
- Group fitness audio systems will only be available to RecSports department activities.
- Participants must wear protective hand wraps when using heavy bags.

### **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
- Activities or items that may damage the surface are not permitted.
- Gates will be locked in the event of inclement weather for the safety of our users.

## **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. Any questions about use and safety of equipment can be answered by the fitness area staff. 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.

- All participants must be dressed in proper workout attire. *Note: See Proper Workout Attire under the General Policies section.*
- Participants must use a spotter at all times when lifting weights over themselves (head, chest, etc.).
- Plastic water containers with sealable lids are allowed
- There is no chalk use permitted in the 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.
- Please only lay dumbbells on the floor or rack to reduce damage to benches and cubbies
- All dumbbells must be put back on their designated rack after use.
- Dumbbells should not 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, deadlifts, etc. must be performed within power racks in designated areas.
- Use bumper plates when performing Olympic style lifts, deadlifts, 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 the pin is completely inserted into the weight stack before using.
- Only use weight provided by the manufacturer; only use additional weights provided to be used with the machine.
- Please 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 systems 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:

- Plastic water containers with sealable lids are allowed in studios
- Return all equipment to the respective storage area after use.
- Turn off all cell phones and pagers during class.
- Share any medical conditions with the instructor before class begins.
- Excessive and loud talking during class is prohibited.
- Use heart rate charts to monitor level of cardio intensity.
- Bare feet are only permissible when instructed by a Group Fitness Instructor.

## **Personal Training**

The Personal Training program is at a cost to the client service that is offered through the RecSports Fitness program. 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. [Personal Training | RecSports \(utk.edu\)](#)

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.

## Intramural Policies

The Intramural Program at the University of Tennessee is dedicated to providing all members of the university community, regardless of skill level or past experience, opportunities to participate in recreational events in a fun and safe environment. The objective of the program is to offer a wide range of team, dual, and individual activities aimed at maximizing student participation. 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."

### Eligibility

All participants wanting to participate in Intramural activities acquire eligibility by one of the following circumstances:

- Currently enrolled student who 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 and have a RecSports membership to participate.

For a complete listing of activities, rules, policies, and other items related to Intramurals, visit our website at [RecSports | The University of Tennessee, Knoxville \(utk.edu\)](#) or email us at [imsports@utk.edu](mailto:imsports@utk.edu).

## Outdoor Recreation

The University of Tennessee Outdoor Pursuits (UTOP) provides a variety of programs and services for all outdoor enthusiasts within the university community. Programs offered by UTOP emphasize Education, Recreation and Adventure. These programs are inclusive to all levels and abilities and contribute to the holistic well-being and the academic experience of the individual.

## **Outdoor Pursuits General Information**

The Outdoor Center is located on the lower level of the TRECS, and comprises 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.

The UT Climbing Wall, located in HPER 202B is managed by UTOP and is one of the area's largest bouldering and climbing facilities. All potential climbers must have their UT ID to use the wall and must attend a Wall Safety Orientation to use the bouldering wall. A waiver is required to use the top rope wall, and all climbers must pass the UTOP top rope belay test if they wish to belay. 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, or the climbing wall, please contact the Outdoor Center at (865) 974-9749 or visit the RecSports website [UTOP overview | RecSports \(utk.edu\)](#)

## **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**

With the purchase of a daily guest pass (\$10), 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).

Equipment Rental and Adventure Trips are available only to current UT students and faculty, and staff with a current RecSports membership.

# **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 how to join or start a Sport Club, please contact the Sport Club Office at [sportclubs@utk.edu](mailto:sportclubs@utk.edu) or visit our website at [Sport Clubs Overview | RecSports \(utk.edu\)](#)

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 and their sport's national governing body. Any Faculty/Staff members looking to participate in club activities must have a current RecSports membership and meet other eligibility standards set by the club and their sport's governing body.