

Bemidji State University

Gillett Recreation-Fitness Center Policies

Child/Youth Access

Children, ages 15 and under, must be accompanied by a legal guardian (18 years of age or older) at all times. Young adults (ages 16-17) without a valid membership must be accompanied by a legal guardian (18 years of age or older) at all times also. Children, 15 and under, are only entitled to use the activity spaces, rock wall and pool, no exceptions.

Children, 15 and under and young adults ages 16-17 without a valid membership are not to be left unattended in the pool, locker rooms, or lobby while a parent/guardian works out.

Children, 5 years of age and older must dress in the same gender locker rooms. Children 5 years of age and younger are free with a paying parent or legal guardian. Children, ages 6-15, must have a membership or pay the daily guest fee.

Young adults, ages 16-17, must be accompanied by a parent or legal guardian during the membership purchasing process. Young adults with a paid membership are entitled to full use of the facilities without adult supervision. It is required that a legal guardian (18 years of age or older) accompany a young adult (ages 16-17) or child (ages 15 or younger) when purchasing a guest pass, and then must remain at the Gillett Recreation Center while their child is present; please note the specific age policies listed above. It is MANDATORY that the parent co-signs all membership forms for individuals 17 years of age and younger.

Pool Policies

It is mandatory that guardians be within arms reach of their children who are unable to swim. This applies for both the shallow and deep ends of the pool. Children who are unable to swim must wear a Coastguard Approved Personal Flotation Device which they must provide. No more than 2 children unable to swim per guardian. Children are not to be left on the pool deck while their parent is in the pool. Lap swim is designated for lap swim only, there is to be no open swim during lap sessions. Also, open swim is designated for open swim only, there is to be no lap swimming during open sessions.

Exercise Precautions

Because exercise is a stress placed on the body, certain precautions should be considered. Participants are encouraged to get a physical exam prior to engaging in vigorous exercise. Users who are over age 40 and/or have any ailment or special condition(s) which may increase risk for heart disease are strongly encouraged to consult a physician prior to engaging in exercise.

Insurance/Liability

Everyone involved in any activity at the Gillett Recreation-Fitness Center participates at his/her own risk. Participants are responsible for their own health, dental, and vision insurance.

Lost I.D.'s / Lost Keys

The individual who has signed out the key is responsible if it is lost. A fee will be assessed for its replacement. A fee paid member who has lost his/her I.D. is responsible for paying for a replacement ID.

Loss or Damage of Equipment

It is the responsibility of each individual checking out equipment to return it in the same condition it was checked out. Failure to do so may result in appropriate charge for repair or replacement of the equipment. Hosts are responsible for equipment checked out and used by guests.

Parking

Parking in all lots surrounding the Gillett Recreation-Fitness Center and John Glas Fieldhouse is by parking permit only between the hours of 8 a.m and 4 p.m., Monday through Friday. Vehicles may be ticketed at any other times. Metered parking is also available in the East Recreation Center parking lot. Metered parking is ticketed 24 hours a day, seven days a week.

Harassment of Campus Recreation Employees

Verbal and/or physical harassment of Campus Recreation employees will not be tolerated. Appropriate action will be taken depending upon membership classification. Any violation could result in revocation of facility privileges.

Appropriate Behavior

Campus Recreation asks that all members and staff act with civility toward one another. Obnoxious and contentious behavior is not tolerated and may cause members to lose their privileges and/or appropriate charges being filed.

Alcohol/Tobacco

The Gillett Recreation-Fitness Center is completely tobacco free facility. Everyone must extinguish smoking materials and dispose of smokeless tobacco before entering. Facility users who appear to be under the influence of alcohol or other drugs and are creating potentially harmful situations will be asked to leave, as will those who do not follow tobacco-free rules.

Appropriate Participant Dress

Patrons are asked to wear gym clothing while working out or participating in activities. Athletic shoes with a non-marking sole are required in all activity areas.

Males must wear shirts in all activity areas except the pool and locker room. Commercial swimsuits are required in the pool area. Swimming apparel is not permitted in any other activity areas of the complex.

All clothing must exhibit good taste and basic decency, contain no obscene or offensive words or pictures. The Gillett Recreation-Fitness Center staff serves as the judge of appropriate attire.

Use of Eye guards in Racquetball and Handball

The Administration of Bemidji State University and of the Gillett Recreation-Fitness Center strongly endorses the use of eye guards when participating in racquetball and handball activities. Eye guards greatly reduce the chance of serious injuries in these activities and should be worn at all times during play. Eye guards may be checked out at no charge from the activity desk with appropriate ID.

Open Recreation Challenge Court Information

During times when courts are utilized by open recreation they will be on a challenge court basis. Rules for challenge court in racquetball and handball are posted on court #5, (the court designated for challenge court usage). Full court games in basketball are played to 11 baskets with the winning team staying on the court and the loser vacating. The first team to 11 baskets is declared the winner. Winners may stay on the court as long as they win. Challenge teams must have their players ready to go at the end of the game or forfeit their spot. It is up to the participants to keep the order of challenge. In half court basketball games the winner will be the first team to 15 baskets. All other rules are the same as with full court games.

Court Reservation Information

Court reservations may be made by phone or in person. Reservations may be made 24 hours in advance. When making reservations all names and phone numbers must be taken. Proper ID must be presented to claim the court. An individual may only reserve one hour of playing time on a court per day. Courts will be held for ten (10) minutes; if the court is not claimed in that time period, the reservation is canceled.

Food and Drink

All food and drink must be consumed before entering the activity area. This includes spectators as well as participants.

Throwing/Kicking/Hitting of Objects

During open recreation hours throwing or kicking objects such as footballs, softballs, baseballs, frisbees, soccer balls, cricket balls, etc. is not allowed. It is only allowed for an academic course with the instructor present or for an athletic practice while a coach is present.

SPECIAL SERVICES

Day Lockers

Gillett Recreation-Fitness Center has daily lockers that are available to all members at no charge. A valid user I.D. will be taken in exchange for a key. All lockers are available on a first-come, first-served basis.

Locker Rentals (per semester or year)

The lockers, located along the wall between the dance studio and men's locker room, can be rented for a fee. Also, additional lockers are available to women in the Recreation Center women's locker room.

Towels

Clean towels are available for free with an appropriate ID.

Equipment Rental

Equipment will be given out in exchange for a valid I.D. The Gillett Recreation-Fitness Center offers a variety of equipment for no charge or for a small rental fee.

Equipment given out for no charge includes: weight belts, jump ropes, basketballs, volleyballs, and eye guards.

There is a small rental fee for racquetball and tennis racquets.

The Gillett Recreation-Fitness Center also sells racquetballs and tennis balls, as a convenience to members.