

WARRIOR RECREATION CENTER (WRC) POLICIES

As a member of Student Recreation Services and the Warrior Recreation Center, I agree to abide by the following:

ENTRY REQUIREMENTS

- The Warrior Recreation Center is available to currently enrolled UHM students who have paid the applicable student fees, as well as to
 - Faculty/Staff and UH Affiliates who purchase a Recreation membership.
- All users must scan their UH ID or membership card upon each entry. Use of another person's ID to gain access is strictly prohibited and may result in disciplinary action and loss of privileges.
- Individuals with access to the Warrior Recreation Center may sponsor one (1) guest per day by purchasing a one-day Guest Pass. Sponsors must remain with their guest at all times while in the facility.
- Guests are required to present a valid photo ID (driver's license, passport, etc.) at the time of purchase and entry. Guests must be at least 16 years of age to use the facility. Guests under 18 years of age must obtain a parent or guardian's signature on the membership form.

HEALTH & SAFETY

- Follow all posted safety rules.
- Informal Recreational Staff Members have the right to prohibit any movements, exercises, or activities for safety reasons.
- Use or misuse of equipment can potentially be hazardous. It is your responsibility to know the correct operation of the equipment.
- Use of equipment other than for its designed use function is prohibited.
- Contact an Informal Recreation Staff Member for basic equipment assistance.
- Report any unsafe conditions, broken equipment, injuries, or damages immediately.
- Wipe equipment after each use using WRC-provided cleaning materials.
 - Cleaning towels in carts are for equipment cleaning only - and not for personal use.
 - Spray cleaning solution onto towels, not equipment.
- Keep all walkways and staircases clear.
 - No running, exercising or sitting on stairs.
- Be scent-aware and mindful of body odors and strong fragrances.
 - *Strong Fragrances*: Noticeably strong scents such as perfume, cologne, body sprays or scented lotions that may impact others.
- Members showing signs of illness may be asked to leave if symptoms present a health or safety concern at the discretion of WRC staff.
- Reasonable accommodations provided upon request.
- Participate at your own risk. The WRC will not be held responsible for any injuries that occur in this facility.

CLOTHING & ATTIRE

- *Wear Workout-Appropriate Clothing*: Apparel made for physical activity with no exposed metal, buttons, rivets or zippers that can damage equipment or upholstery.
 - Jeans, khakis, cargo pants/shorts, sandals, Crocs, and street shoes are prohibited
 - Clothing must sufficiently cover the buttocks, genitals, chest, and back.
 - No attire with drugs, profanity, hate group symbols, or gang-related design.
- Closed-toe, closed-heel athletic shoes required.
- Clothing & shoes must remain on at all times.
- Changing must occur in locker rooms.

FOOD & DRINK

- No food or open containers allowed in WRC.
 - Exceptions include only water or sports drinks in non-glass, sealable, leak-proof containers.
- No alcohol, tobacco, vaping, or illegal substances.

BAGS / STORAGE

- Small personal bags (maximum size 14" x 14" x 6") are permitted on the exercise floor. This includes small drawstring bags, sling bags, etc. Larger bags, including backpacks, duffels, and totes, must be stored in lockers or cubbies to maintain a safe, clear workout environment.
 - Do not leave valuables unsecured.
 - Do not leave bags in walkways, on the track or blocking equipment or exits.
- Day-use lockers may be used only while actively working out in the WRC.
 - Locks left on day-use lockers after closing will be CUT. Contents will be stored for 30 days, then disposed of.
- Rental lockers are available, inquire at the Front Desk.
WRC is not responsible for lost, stolen, or damaged items.

VIDEO / PHOTOGRAPHY / PERSONAL DEVICES

- Filming or photography is strictly prohibited without prior WRC approval.
 - Personal filming for exercise form check is not permitted unless approved by WRC Management.
 - Selfies and content creation are not permitted unless approved.
 - Approved filming requires scheduling with WRC management.
- Please avoid extended phone use that disrupts equipment availability. Step away from machines if texting or taking a call.
- Do not play personal music aloud - headphones are required.

STRENGTH AREA

- *Practice Safe Lifting:* All lifting should be performed in a controlled and safe manner.
 - Lift within your ability
 - Use of a spotter is recommended for heavy or overhead lifts. Spotting is the responsibility of participants; staff may not provide this service.
 - Collars or clips are required on all barbells.
- Limit machine use to 15 minutes when others are waiting.
- Do not rest on the machines - Allow others to "work in" when able.
- Do not drop dumbbells.
- No slamming or bouncing weights (except barbells on platforms with bumper plates).
- Do not stand or place weights on upholstered surfaces.
- Squat rack safety bars are required.
- Only liquid chalk is permitted. Block chalk is prohibited.
- No standing or kneeling on exercise balls.
- Return all equipment to designated areas.
- Avoid excessive grunting, yelling or excessive noise.
 - Excessive Noise: Noise beyond what is necessary for safe lifting, including repeated loud yelling, slamming weights, or causing disturbances.
 - Acceptable noises include normal breathing and controlled exhalations; loud, guttural, or attention-seeking noises are not permitted.
- No holding private or unauthorized classes, trainings, or practices.

TRACK & CARDIO AREA

- Limit cardio machine use to 30-minutes when others are waiting.
- No weights, balls, or jump ropes on cardio machines (weighted vests okay).
- No weights on track except WRC-provided sandbags.
- Safety "shut off" clips are recommended on treadmills; required if walking backwards.
- Use machines only as designed.

- No spikes, cleats or footwear on the track that may damage the surface.
- Only walking/jogging allowed on track.
 - Track direction: clockwise; inner lanes for jogging, outer lanes for walking.
- No stopping, spectating, or leaning on railings.

COURTS

- Closed-toe, closed-heel, non-marking athletic shoes required.
- No leaning on, or tampering with dividers, walls, net cables, or facility structures.
- No hitting or throwing balls against the walls.
- No spitting on courts.
- Do not touch fire alarms or control panels.
- Do not sit or step on WRC balls. Do not kick basketballs or volleyballs.
- No hanging on the rims.

BASKETBALL & VOLLEYBALL

- Games are first-come, first-served.
- No reserving courts except for WRC programs/events.
- Boards are provided to keep track of player/team order.
 - No repeat names or jumping the order.
- Players manage their own games.
- No hanging on rims or nets.
- Basketball/Volleyball has priority during scheduled times posted by the WRC.
- Do not shoot or play while rims or nets are in motion, this can cause damage to the motors and prevent usage for extended periods of time.

SHOWER / BATHROOM FACILITIES

- Take care entering any wet areas such as a bathroom or shower.
- Please note that these areas are unsupervised; use at your own risk.

ANIMAL POLICY

- Only certified service animals are allowed. Emotional support animals are not permitted.

EMERGENCY PROCEDURES

- Follow staff instructions during emergencies and evacuations.

PROHIBITED ITEMS

- Skateboards, scooters, drones, external speakers, weapons, anything with open flames, any exercise equipment brought from home that is unsafe.

MEMBER CONDUCT EXPECTATIONS

- Follow all posted policies and instructions from WRC staff.
- Treat others respectfully.
- No harassment, intimidation, or behavior that negatively impacts safety, comfort, or staff operations (e.g., blocking walkways, misusing equipment, intimidation, or ignoring staff).
- Maintain a clean, safe workout environment.
- Conduct such as provoking, instigating, or participating in a fight or physically assaulting another person, harassment, tampering with equipment or willful disregard of staff instructions will result in immediate removal from the facility.

Compliance with all Warrior Recreation Center policies and the UH Mānoa Student Conduct Code is required <https://manoa.hawaii.edu/studentssuccess/conduct-code/>.

Individuals who fail to comply may be asked to leave immediately. Serious or ongoing violations will be reviewed

through the appropriate administrative or student conduct processes and may result in additional disciplinary action or loss of privileges.

By registering for WRC membership, I acknowledge and understand that the WRC (Warrior Recreation Center) may close during non-instructional days to include weekends, holidays, and during spring, summer, and winter recesses. I understand that the WRC may be closed for emergencies. I also agree and understand that if at any time, the WRC needs to reduce capacity for health, safety, and accessibility reasons, that mandatory fee paying UHM Students will have priority to access programming in the WRC over other users (including myself as an opt-in member).

By signing up for membership, I agree and understand that NO REFUNDS and/or EXTENSIONS will be provided for these non-instructional day and emergency closures. All opt-in patrons of the Warrior Recreation Center should be mindful and considerate that this is a teaching facility for our students' growth and development.

For renovation, construction, and maintenance projects that interrupt services more than three (3) weeks beyond non-instructional day closures, members may have the option of continuing to use non-interrupted services without additional accommodations or placing memberships and services on hold until the completion of such projects.

I have read, understand and agree to the above policies of the Warrior Recreation Center:

Signature of Participant	Print Name	Date
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(Co-signature of parent guardian required if the participant is under 18 years of age.)	Print Name	Date
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