

NCTA CAMPUS RECREATION POLICY

NCTA Campus Recreation

This includes Intramural Activities, using the NCTA Fitness Center, and any other On-Campus Exercise. NCTA recognizes and celebrates the human differences that surround us. We strive to create a respectful environment that facilitates an open exchange of ideas, nurtures creative expression, and values the intrinsic worth of each individual. Also, by treating everyone with respect and kindness.

Liability

NCTA is not responsible for any injury, loss of property to any person suffered while participating in Campus Recreation activities. Before participating in Campus Recreation activities, everyone is required to sign a liability waiver. Waiver forms are available in the Welcome Center, Education Center or Facilities Office, Ag Hall, 2nd Floor.

Misconduct and Ejection Policy

If a participant of any Campus Recreation activity is ejected or suspended from any facility, or program on campus, they are immediately ineligible to participate in any other Campus Recreation activities until they are cleared by the Associate Dean's Office.

Anyone who commits, incites, or aids others in committing any of the following acts of unsportsmanlike or misconduct shall be subjected to disciplinary procedures.

1. Hitting, striking, or pushing another student, employee, user, or guest.
2. Hitting, striking, or pushing another participant, or spectator.
3. Threatening physical harm towards another student, employee, user, or guest.
4. Verbally abusing another student, employee, user, or guest.
5. Acting in a way which would cause equipment or facility damage and/or injury to a person.
6. Entering, using, or accessing any facility or program illegally such as an assumed identity illegally/inappropriately.

NCTA Intramural Activities

The goal of the NCTA Intramural Sports Program is to promote lifetime skills through the venue of sports. All players are expected to play within the context of the NU Intramural Sports Program's Spirit of Competition. Winning and losing are mere outcomes of this play spirit. Abusive language, poor attitude, and manipulation of the rules to further winning are NOT just 'part of the game'. What is 'part of the game' is the simple satisfaction of playing and the interdependence of teamwork, improving fitness, and enhancing friendships. Without your opponent, you have no game, no contest, and absolutely no fun. You are indebted to your opponent as they are indebted to you. In a fundamental way, then, competing against an opponent is based on cooperation. Upholding high standards of integrity and fair play

acknowledges this idea of cooperative competition. An intentional violation of the rules, no matter how small, is cheating and a direct offense against these principles.

Unsportsmanlike conduct and the use of profanity are prohibited. Campus Recreation reserves the right to remove individuals from recreation facilities. Failure to comply with directions of the staff and/or failure to identify oneself when requested to do so will result in individuals being removed from the facility. The duration of the suspension will follow the Campus Recreation Misconduct and Ejection Policy.

Eligibility

A student may participate if they are carrying one (1) or more credit hours of class work and have paid the student fees. Extension and correspondence courses do not qualify an individual for intramural sports participation.

Employees of the University and household family members over the age of 19 are also eligible to participate in intramural activities.

Each person is allowed to play on one team per activity. It is prohibited to be listed on multiple rosters.

Entry Procedures

- Secure an official entry form from Welcome Center located in the Education Center.
- Complete the form and return it prior to the appropriate deadline date listed on the calendar page. Entries must be filled out completely and correctly.
- New players cannot be added once the league season has ended, and a team enters playoffs.

NCTA Fitness Center

The NCTA Fitness Center is one of the tools available to the college community to promote wellness. The Fitness Center is available for the use of students, employees and employee families. To support employee wellness and fitness, members of the college community are encouraged to use the facility. There are no additional fees for using this facility as part of NCTA's wellness program.

Hours of Operation

The Fitness Center is accessible 24 hours a day, 7 days a week.

Student, Employees, and Employees families can access the Fitness Center by using their key. Keys can be checked out in the Facilities office, Ag Hall, 2nd Floor. Students in the dorms use their exterior dorm key.

Responsibilities of Fitness Center Users

- Please be courteous and respectful to others in the weight room.
- Water is the only food or drink allowed. It must be in a spill-resistant and shatterproof drinking bottles.
- The possession, use and/or distribution of alcoholic beverages, drugs, tobacco products, and dangerous weapons are not allowed in any facility, as defined by the University's Student Code of Conduct. Vapor- and e-cigarettes are prohibited.
- Clean, appropriate athletic attire must cover the chest and buttocks. Attire that could cause damage to equipment is prohibited. Athletic (non-marking) shoes are recommended for recreational activities. Metal on the bottom of any footwear is prohibited. No sandals, open-toed shoes, or boots are allowed during activities.
- Always maintain control of your weights. They may not be dropped or thrown. Use exercise machines and equipment for the intended purpose only. Do not engage in any activity that will endanger yourself or other patrons.
- 30-minute time limit on cardio equipment when other patrons are waiting. Avoids working out directly in front of weight racks. Please vacate machines in between sets to allow others to "work in". No exercises should be done while standing on the exercise benches.
- Spotters are strongly recommended when lifting free weights. Collars or clips are required when lifting free weight bars.
- Please make sure equipment, weight, and belts are put away and trash is cleaned up. Wipe down and clean equipment after use with disinfectant wipes (provided in exercise areas).
- Use personal equipment according to the manufacturer's instructions and at your own risk. Personal equipment must not mark or damage any facilities.
- Students, Employees, and Employees family may not provide personal training services, nutritional products, lessons in fitness, or other goods and services on the premises, unless approved by the Dean's Office.
- Animals are not permitted in the facility, except trained service animals as defined by the Americans with Disabilities Act (ADA).
- Unsportsmanlike conduct and the use of profanity are prohibited. Campus Recreation reserves the right to remove individuals from recreation facilities. Failure to comply with directions of the staff and/or failure to identify oneself when requested to do so will result in individuals being removed from the facility. The duration of the suspension will follow the Campus Recreation Misconduct and Ejection Policy.

On-Campus Exercise

This includes any organized exercise series or program lead by an employee or student. Any employee and student enrolled in at least one (1) or more credit hours of class work are eligible to participate. The Misconduct and Ejections policy will be in effect.