

# Policies

Please help us maintain a safe and secure environment by reviewing these facility policies.

Northeastern University reserves the right to put into effect any new guidelines that protect the health, safety and integrity of the participants using the facility. The University Recreation Office adheres to the guidelines, policies and procedures as outlined in the [Undergraduate and Graduate Student Handbook](#) and the [University Policies](#).

If you have a University Recreation policy related question or a situation specific to your needs that requires further inquiry please contact us at [oaklandrecreation@northeastern.edu](mailto:oaklandrecreation@northeastern.edu) and the appropriate team member will contact you.

## Access

Northeastern students and faculty/staff/alumni must always use a current, valid, and active Husky Card that is required to be handed to the recreation staff member upon arrival to our facilities or programs.

- Students: Access is managed by student accounts
- Members: Faculty, Staff, Alumni
- Guests

Members and guests must be at least 18 years of age to gain access to the facility

Members and guests are prohibited from:

- Attempting to gain access into any recreational facility with an ID other than their own
- Allowing another person to use their ID to gain access into Recreational facilities
- Attempting to enter the facility through other points of access not designated as a main entry

## Activity Spaces

- Beverages must be in a non-glass container with a closable/sealable lid. Additionally, only water is allowed inside the Gymnasium, Fitness Center and Dance Studios.
- Hanging on basketball rims or dunking is not permitted
- During Open Rec, the sport designated on the Open Rec schedule has the entirety of the court; University Recreation staff reserves the right to stop all activity other than the designated sport or multiple sports happening on one court

- Any equipment or activity that is not the intended use of the space must first be approved by University Recreation professional staff.

### **Tennis Courts:**

- Tennis court keys are available to students at no charge. Students may visit the Fitness Center to check out a key to the tennis courts using their Husky ID.
- Staff, faculty, alums and community members may obtain a key for a fee. Email [oaklandrecfacilities@northeastern.edu](mailto:oaklandrecfacilities@northeastern.edu) to make an appointment to get a key.
- See the [Tennis Court booking website](#) for policies.

### **Haas Studios:**

Open studio hours are classified as any hour of which a studio space is not occupied by any University Recreation Programming or reserved by another approved group. Individual use of the studios is available when Group Fitness classes or other requested group reservations are not taking place. The sound system and locked equipment is only available during group fitness classes in which a Group Fitness Instructor is present, however a portable speaker system is available for use for other scheduled group reservations.

In order to ensure the safety of all participants, the longevity of the studio space, and maintenance of the equipment, all persons must abide by the following policies.

- Wedges, high heels, and any shoe with metal spikes/clips (exception cycle shoes) are not permitted in the studios as this footwear may cause permanent damage to the floors
- All users must comply with the facility shoe policy for use of this space
- No props or personal equipment that may damage the mirrors, floors, or walls may be utilized in the studios or attached to any anchor point
- The boxing heavy bag in Haas 116 should not be moved.
- Improper movement can cause permanent damage to the floors
- No weight equipment may be brought from the fitness floor into the studio. This includes but is not limited to: dumbbells, kettlebells, and barbells
- Sports are not permitted to be played in the studios. This includes but is not limited to: badminton, soccer, football, hockey, tennis.
- The heavy bags cannot be utilized during a group fitness class, unless it is part of the class
- All equipment utilized must be cleaned with a sanitary wipe before and after use and should be placed back carefully and neatly to ensure the safety of the next user

- Handstands or headstands against the mirrors are not permitted in order to minimize damage to the mirrors
- Please refrain from placing the bottom of one's shoe directly onto the Barres. Shoes may be removed inside the studios if you wish to stretch and utilize the Barres
- Consider other participants within the studio and acknowledge their personal space
- Participants are allowed to be barefoot in the studios at their own risk. Close toed shoes are required to be worn during all group fitness classes except for yoga, Barre, or Pilates

### **Facility Reservation Requests:**

In order to make a request for studio space please use the QR code on the flyer outside the door. Any request submitted should be submitted at least 3 weeks in advance of the activity or event.

### **Attire**

- Proper workout attire must be worn in all public areas: shorts, sweatpants, leggings, t-shirts, sweatshirts, or other gym attire and sneakers. No jeans, cargo pants or shorts with loops, belts or buckles; and, no metal embellishments and adornments that might tear the leather benches or pose a risk of catching on equipment.
- Shoes & footwear: sneakers must be worn at all times in all activity areas with the exception of the studios. Those participating in yoga, Pilates, martial arts, or another similarly related University Recreation sponsored activity may remove their sneakers once inside the studios.
- All participants utilizing the activity spaces outside of a studio and throughout the fitness areas and weight room except the corners of the track must wear sneakers.

### **Equipment and Personal Belongings**

#### **Check-out**

Locker tokens, towels and equipment may be checked out with your NU Husky card. You are responsible for all equipment that you check-out and must reimburse Northeastern University for any lost or damaged equipment before your ID is returned. There is no overnight use of equipment. Lockers near the Fitness Center are for day use only. Lockers downstairs are available for the semester / academic year. Please email [oaklandrecfacilities@northeastern.edu](mailto:oaklandrecfacilities@northeastern.edu) if you would like access to an all-gender locker room / shower area.

#### **Personal Items**

Please bring with you any necessary items you will use during your workout (a phone, water bottle, headphones, yoga mat, gloves etc.,). Beverages must be in a non-glass container with a closable/sealable lid.

- Bags, coats, and all jackets need to be stored inside a locker
- No personal fitness equipment may be utilized that attaches to existing equipment/structures in the facility or props/equipment or any other items that will come in contact with the floor, walls, ceiling or mirrors that could leave marks, scrapes, dents, holes or cracks in the floor, walls, ceiling or mirrors.
- Smaller scooters and skateboards that fit inside a locker can be stored and locked. Other larger sized items must be locked up outside of the facility
- Staff cannot hold personal items or any oversize items
- Rollerblading inside the facilities or tennis courts is not permitted.
- Any lost item that is found can be retrieved at the appropriate facility, please inquire with the University Recreation staff regarding any lost items.
- Northeastern University and the University Recreation department is not responsible for any lost, missing or damaged personal belongings.

## **Fitness Programs**

### Group Fitness

- Open to all students.
- Please visit the [Group Fitness page](#) for all program policies.

## **Health and Safety**

The safety of all participants who utilize the recreation facilities is our highest priority. The policies herein have been implemented with the express intent to reduce the risk of hazards and address the response to safety and emergencies.

- No food, gym bags, shopping bags, luggage, briefcases, backpacks, street shoes, boots, open-toe shoes, sandals, jeans, cargo pants or jackets are allowed.
- Proper workout attire must be worn in all public areas.
- Bicycles are not allowed inside the University Recreation facilities. Skateboards and scooters that can be folded and stored in a locker may be carried into the facility to be secured in a locker.
- For your safety and protection, some areas of University Recreation facilities are under 24-hour video surveillance

## Emergencies

- AED
  - AED's are located throughout the recreational facilities
- Fire Emergency
  - If a fire alarm sounds, everyone must exit the facility immediately in a calm and safe manner
  - Areas of egress must be clear, at all times, for emergency purposes due to building fire code (i.e. stretching in the hallways, taking weights from the weight room, and bouncing balls in the hallways are not permitted)
- Injuries
  - All injuries sustained within University Recreation facilities should be reported to University Recreation staff
- Weather
  - In the case of a weather emergency, all members and guests must follow the direction of University Recreation staff
  - No one is allowed to remain in non-shelter areas during a weather emergency

## Intramural Sports

- Open to all NU Students
- Please visit the [Intramural Sports page](#) for all program policies.

## Music & Devices

- Amplified music is restricted to official University Recreation programming. Earbuds or headphones must be used with personal listening devices
- Groups reserving a studio may utilize personal speakers or request a bluetooth speaker from University Recreation for use during their scheduled reservation time. Music played cannot contain profanity or sexual innuendo / lurid lyrics
- Singing, disturbing other patrons, and the use of profanity, is strictly prohibited

## Personal Training

Any individual acting in the fashion of a personal trainer must be hired through the University Recreation Office. Personal training on the premises of any Northeastern recreation facility is restricted to Northeastern Personal Trainers only. Any individual found soliciting these types of services will be denied further access to these facilities.

Northeastern students found soliciting these types of services will be referred to the Office of Student Conduct and Conflict Resolution.

## **Pool**

- Open to students, staff and faculty for free. Open to alums and members of the community for a fee.
- Please visit the [Aquatic page](#) for all pool policies.

## **Privacy & Etiquette**

- For the privacy and safety of our participants, the use of any devices with picture/video capability (including cell phones) is strictly prohibited in the locker rooms
- The use of cameras or video devices is not permitted in the University Recreation facilities or during programming unless consent through the University Recreation Office has been granted (please allow one business day for written permission to be granted). To obtain permission for photo or video collection please email [oaklandrecreation@northeastern.edu](mailto:oaklandrecreation@northeastern.edu) for additional information or to submit your request
- University Recreation staff may prohibit the use of any electronic devices in our facilities for the comfort and privacy of our participants
- No loud offensive language, disturbing other patrons, or the use of profanity, is permitted
- Please limit the amount of idle time on the equipment between exercises or sets. It is expected that all participants adhere to the “work in” model of allowing others to utilize the equipment during your rest periods

Failure to adhere to these policies & guidelines will result in loss of facility privileges. Northeastern University reserves the right to put into effect any new guidelines that protect the health, safety and integrity of the participants using the facility.