



## **Huston Huffman Center Use Guide**

### **General**

1. Please remember to bring your University ID card each time you visit us. For security purposes all invalid cards or those that read lost/stolen or privileges unassigned will not be accepted.
2. Use of another person's card will result in suspension of privileges for the day.
3. Members' guests are welcome to use the Huston Huffman Center for a nominal fee; guests must be accompanied by their member sponsor while they are in the facility. Guests include anyone who is not an OU Norman campus student, faculty, staff, or alumni.
4. Only bottled water is allowed beyond the turnstiles. Please consume all other food prior to entering the building or in the lobby.
5. All equipment must be checked out with a valid ID. Any lost or damaged equipment is subject to charge.
6. Areas of the facility may occasionally be closed for special events, maintenance, and cleaning.

### **Security**

1. Please exit through the main entrance. All other doors are emergency exits and will sound an alarm throughout the facility.
2. Lockers are available. Coin lockers and rental lockers are available. Please do not leave valuables unlocked or unattended.
3. Recreational Services is not responsible for lost or stolen items. Please report all thefts to the facility staff as well as OUPD.
4. In case of emergency, please follow the direction of the facility staff.
5. For the safety, security, and comfort of our members, we ask that you please refrain from taking pictures or video of the facility or members while in the recreation center. If you need to take pictures or video for a class project, please contact the Director of Recreational Services for prior consent.
6. Please report any unusual activity to the facility staff.

### **Equipment Setups**

1. Adjusting all equipment setups including volleyball, badminton and table tennis is prohibited.
2. Volleyball setups are to remain at 2.3 meters height.
3. Please report concerns about equipment to the staff as soon as possible.

### **Child Policy**

Individuals under the age of 18 are not allowed to participate in activities at the HHC unless they are a current OU student or participating in organized events as outlined below. If bringing your child with you to workout is desirable for your family, you may wish to consider obtaining a membership with a facility that specializes in family fitness such as the YMCA on North Base.

Please obtain appropriate care for your child during your visits to the HHC as they will not be able to stay in the building while you workout.

Children are allowed in the HHC to participate in events organized for those under the age of 18, such as during summer camps. Children are also allowed as spectators for Intramural events on the courts with a supervising adult. For the safety of your child, children must stay on the sideline of the event and not in other areas of the facility.

### **Unsportsmanlike Conduct**

Improper behavior including verbal abuse, physical abuse, mental harassment, or other obscene gestures or actions will not be tolerated in the facility. Such conduct may result in suspension from the facility and/or other student code charges.

### **Clothing**

1. Shirts that cover the back and midriff are required in all areas except the basketball courts, track, and climbing wall in which t-shirts are optional.
2. Indoor non-marking athletic shoes are required in all areas. Exceptions are to rehearsals and classes held in the group fitness rooms. For rehearsals, please contact the Front Desk about appropriate footwear. Boots and sandals of any kind will not be allowed.
3. Eyewear is required in all racquetball and squash courts. Chemistry goggles are not considered appropriate protection for racquet sports. Please bring eyewear designed specifically for racquetball or check-out appropriate eyewear from the Equipment Desk.
4. For your safety and the safety of others, those with open toed leg casts will not be allowed to enter the free weight room.

### **General Court Rules**

1. Dunking a basketball during play is allowed. Dunking any other type of ball is prohibited. Grabbing the rim or net intentionally is not permitted.
2. The courts will operate with full court games. However, the facility staff may deem it necessary to split games into half court at any given time.
3. The winning team on a court will remain on the court; the losing side rotates off. Please ensure that everyone has an opportunity to participate.
4. Only volleyballs should be used in a volleyball game.
5. If the volleyball court is unoccupied, half court basketball may be played. However, if two or more persons wish to play volleyball, those playing basketball will have to forfeit the court.
6. Outdoor sports [i.e. soccer, football, softball, and Frisbee] are not allowed in the facility or on the basketball or volleyball court areas.

### **Cardio equipment**

1. For your protection, please use equipment as designed.
2. Workouts should be limited to 30 minutes to enable all participants the chance to exercise.
3. Please wipe down equipment after use.
4. Television channels are set by the facility staff. Please do not change or adjust these settings. If you would like to view another program please ask one of our staff to change the channel.

### **Climbing wall**

1. Follow all rules and instructions of the climbing attendant.
2. All climbers must pass a belay check to top rope climb.
3. Climbers are responsible for the safety and security of their climbing partner and must check the harness, belay set up, and figure 8 knot before climbing.
4. Climbers must use the provided belay devices.
5. Personal harnesses, chalk bags, and shoes are permitted.

6. Climber may boulder up to the white line.
7. A crash pad must be used when bouldering.

### **Weight Areas**

1. Dumbbells are to be kept in the dumbbell areas.
2. All weight plates are to be kept in the free weight room.
3. Please do not move equipment to other rooms in the facility.
4. Benches are not to be used as steps.
5. All power lifts must be done in the power rack.
6. Safety supports and collars must be used at all times.
7. Participants are encouraged to find their own spotter, facility attendants will not be allowed to spot for you.
8. Return weights when finished.
9. Please wipe down equipment after use.
10. Weights should not be dropped, leaned against equipment, or banged together.
11. For your safety, please use equipment as designed

### **Track**

1. The direction of the track will alternate daily. Monday, Wednesday, Friday, Saturday the track direction is clockwise, Tuesday, Thursday and Sunday the track direction is counterclockwise.
2. Please be courteous and observe runners/walkers around you. Allow them to pass when needed.
3. Slower walkers and runners need to stay to the outside lanes of the track. Faster runners have the inside lane.
4. Please do not hinder the flow of traffic by standing to observe the basketball courts.
5. Please do not touch or alter the fans located in the track area.

### **Racquetball/Squash**

1. Court reservations may be made up to 24 hours in advance by calling 325-3053 or in person at the equipment desk.
2. Please check in at the equipment desk for your reservation.
3. Protective eyewear designed for racquet sports is required and must be worn at all times.
4. Please do not strike the walls.

### **Group Fitness Rooms**

1. The equipment, including stereos, located in the room is for the OU Group Fitness program only.
2. Rooms may be reserved by student groups at the front desk. Please see the front desk attendant for reservation guidelines and a Facility Room Request Form.
3. Boxing, contact sports, all stunts, tumbling, and wrestling will be prohibited in the facility unless approved through a Facility Room Request Form.

Please note. These guidelines are set for the safety and security of both participants and the Huston Huffman facility. Failure to abide by these guidelines could result in suspension from the facility.

Remember the policies are subject to change. This sheet is a general overview and NOT all-inclusive. Please direct any questions to the Professional Staff of the Huston Huffman Center.