

Bike for MS  
Ashland University Recreation Center Quick Policies

### General Rec Center Policies

1. Shirts, shorts, and shoes are required within the Rec Center (exception when in pool and locker rooms).
2. The following are prohibited: gum, non-water beverages, alcoholic beverages, tobacco products, latex products (including balloons), profanity, and vulgar language.
3. Food (including gum) and non-water beverages are allowed only within the observation deck and atrium.
4. Inappropriate sexual behavior and/or sexual misconduct are prohibited in all areas of the facility.
5. Athletic shoes are required for all activity areas of the Rec Center.
6. Individuals who have been under the influence of alcohol should not participate in activities within the Rec Center (including, but not limited to: climbing wall, sauna, hot tub, and pool).
7. Safety Services (campus police) and the Ashland City Police will be notified of individuals exhibiting inappropriate behavior.
8. Only individuals with "Bike for MS" wrist bands will be able to gain entry into the Rec Center. Guests of Bike for MS participants can gather/socialize within the lobby area.

### Climbing Wall

9. Climbing shoes are available for use at the Climbing Wall, as long as you bring socks.
10. The following will not be permitted at the Climbing Wall for safety reasons: swinging across the wall, climbing with hands above the bouldering area, bouldering above or below another climber, and/or being on the top ledge of the Bouldering Wall.

### Pool Area

11. Proper swim attire is required. Swimming in underwear, gym shorts, sports bras, thongs or see through suits is prohibited. T-shirt on top of bathing suit is not permitted.
12. Head first entry is strictly prohibited in any area with a depth less than seven feet.
13. Horseplay including, but not limited to, splashing, chicken fights, tossing other participants, dunking on the basketball hoop, and running on the pool deck is not permitted.
14. The next diver cannot dive until the diver in the water is to the deck.
15. Goggles and flotation devices, such as lifejackets, noodles or water wings may not be worn off the diving boards.
16. All jumps and dives must be in a forward direction from a standing position. No back dives, handstands, cartwheels, or seat drops are permitted. Flips can only be forward and only off the low dive.
17. Only those who are 16 years or older can use the hot tub and there can be no more than 18 people in the hot tub.

### Fitness Center

18. Individuals 16 and older are permitted access to the weight room/fitness center.
19. Athletic attire must be worn within the weight room/fitness center area (i.e.: t-shirt, shorts, tennis shoes).