



Sarkeys Fitness Center Facility Guidelines

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Sarkeys Fitness Center Facility Guidelines

The goal of the Fitness and Recreation Department is to provide diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community.

In order to ensure a positive experience and safe environment for everyone, please review and follow the guidelines below. These guidelines and the spirit thereof are for the safety and security of members. Failure to abide by posted guidelines and/or verbal instructions could result in suspension from the facility and/or Student Code charges.

General

1. Bring your valid, working University Sooner Card ID each time you visit. For security purposes, all invalid cards will not be accepted. This requirement is in place to protect the rights and interests of authorized users.
2. University Sooner Card ID's are not transferable. Use of another person's card will result in the card being confiscated and the individual using the card being suspended from the facility pending further review. The card owner and the person attempting to use the card will be required to meet with a member of Professional Staff in order to have the card returned and access reinstated. Fitness and Recreation may file Student Code charges in response to fraudulent card use.
3. Members' guests over the age of 18 may use the Sarkeys Fitness Center (SFC) for a nominal fee; guests must be accompanied by their sponsor member while they are in the facility.
4. Cups and bottles with lids and snacks such as nutrition bars or shakes are allowed in the facility.
5. Please do not pour protein powder or other substances in drinking fountains or water bottle stations.
6. Please keep the facility clean. Trash and recycling receptacles are available throughout the facility.
7. All equipment must be checked out with a valid Sooner Card ID and returned the same day. The person who checks out the equipment is responsible for its proper use and same-day return.
8. Please use all equipment as designed. Equipment that is misused, abused, damaged, lost or not returned may incur a charge to the person responsible for that equipment.
9. Personal training is available through Fitness and Recreation for a fee. Personal Trainers not employed with Fitness and Recreation are not allowed to train clients in the facility.
10. Areas of the facility may occasionally be closed for Intramural Sports, special events, maintenance, or cleaning.
11. Please store all personal belongings in designated storage areas. Belongings placed on equipment or in walkways may be removed by staff.
12. Please share space and equipment with other members. Organizations who would like to reserve an area (besides Studios A&B) may request to do so by emailing fitrec@ou.edu. Members or groups who monopolize areas or equipment may be asked to disperse or allow others to work in with them.
13. Out of respect for other members, please utilize headphones if you choose to listen to music during your workout.

Security

1. Fitness and Recreation is not responsible for lost or stolen items. Please report all thefts to the facility staff as well as OUPD.
2. Coin lockers and rental lockers are available for member use. Coin lockers are for daily use only. Using the Sooner Card ID, members can check out a lock from the equipment desk and use that lock for the day use lockers located downstairs near the locker rooms. Locks will be provided by the facility for all rented lockers; personal locks will be removed. Please do not leave valuables unlocked/unattended. Staff members are not allowed to hold personal items for participants.
3. All lost and found items are kept at the front desk for a period of two weeks. After that time, items are considered abandoned property and enter the university disposal system.
4. Please exit through the main entrance. All other doors are emergency exits and will sound an alarm throughout the facility.
5. In case of emergency, follow the direction of facility staff.
6. For the safety, security and comfort of our members, please refrain from taking photos or video of the facility or members while in the facility. If you would like to take photos or video, please complete a request form at the front desk at least 48 business hours in advance.
7. For the safety, security and comfort of our members, use of electronic devices is prohibited in the locker rooms.
8. Report any unusual activity to the facility staff.

Equipment Setups

1. Adjusting all equipment setups including volleyball, badminton and table tennis is prohibited. Please ask facility staff for assistance.
2. Report concerns about equipment to facility staff immediately. Members should not attempt to adjust or fix any equipment that is not working properly.
3. Return all equipment to its proper location after use.

Child Policy

Members and guests must be 18 years of age or older to use the facility. Exceptions are granted to OU students and those participating in special events. Please obtain appropriate care for your child during your visits to the SFC as children are not permitted to stay in the building while you work out.

Children are allowed in the SFC 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 Sports events on the courts with a supervising adult. For the safety of your child, children must stay in the event's designated area and not in other areas of the facility.

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 or The Health Club located at 36th and Robinson that is operated by Norman Regional Health Systems.

Unsportsmanlike Conduct

Improper behavior including verbal, physical, mental abuse, sexual 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, racquetball courts, and track.
2. Indoor non-marking athletic, closed toe/heel shoes are required in all areas. Boots and sandals of any kind will not be allowed. Exceptions may be made for rehearsals and classes held in the group fitness rooms. For rehearsals, please refer to the Studio Space Reservation Request Form.
3. For your safety and the safety of others, those with open toe casts will not be allowed to enter the free weight room.

Courts

1. Dunking a basketball during play is allowed. Grabbing the net or hanging on the rim is not permitted.
2. The courts will operate with full court games. However, facility staff reserves the right 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. 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 must leave the court.
5. Outdoor sports (i.e. soccer, football, softball, Frisbee, etc.) are not allowed in the facility.
6. Placing any type of tape or marking material on the floor is prohibited. Any cost incurred due to damage to the flooring as a result may be passed on to the responsible party.
7. Facility areas are designed for their intended use unless otherwise approved. To reserve space for special events, please contact the front desk.

Track

1. The direction of the track alternates daily. On Monday, Wednesday, Friday, Saturday the track direction is clockwise; on 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 stand on the track to observe the basketball courts.
5. Please do not touch or alter the fans located in the track area.

Climbing Wall

1. Climbing is only permitted when a Climbing Wall Attendant is present.
2. For your safety, follow all rules and instructions of the Climbing Wall Attendant.
3. All climbers must pass a belay check to belay at the SFC climbing wall.
4. Belayers are responsible for the safety and security of climbing partners and must check harnesses, belay set up, and figure-eight knot before climbing.
5. Climbers must use the provided belay devices and approved belay method.
6. Personal harness, chalk bags, and shoes are permitted. Personal climbing equipment is subject to inspection by Climbing Wall Attendants. Use of personal equipment and the climbing wall in general is at the user's risk.
7. Climbers may boulder up one move past the white line on climbing wall.

Weight Areas

1. Please keep all weight plates, Iron Grip dumbbells, kettlebells, barbells and plyo boxes in the weight rooms.
2. Please do not move equipment to other rooms in the facility.
3. Benches are not to be used as steps. Weight plates should not be stacked on top of plyo boxes.
4. All power lifts must be done in a power rack.
5. When utilizing the platform, weight should be lowered to the ground slowly, if possible. Please do not drop weight unnecessarily. If weight cannot be lowered slowly, consider using less weight.
6. Safety supports and collars must be used at all times.
7. Facility Attendants are not allowed to spot; participants are encouraged to find their own spotter.
8. Return weights to horns and racks when finished.
9. Please wipe down equipment after use.
10. Weights should not be dropped from any height, leaned against equipment, or banged together. If weights cannot be set down slowly, please utilize a spotter to assist or consider using less weight.
11. For your safety, please use equipment as designed.
12. Loose chalk is not permitted.
13. The maximum load limit on all barbells is 600 pounds (645 including the bar).
14. Report any concerns about equipment to facility staff immediately.

Cardiovascular Equipment

1. Workouts should be limited to 45 minutes to enable all participants the opportunity to exercise.
2. For your protection, please use equipment as designed. Please use handles, not electronic consoles, to aid your balance. Excessive force should not be placed on the handles, as doing so may damage the equipment.
3. Please wipe down equipment after use.
4. Television channels on overhead TVs are set by the facility staff. Please do not change or adjust these settings. Channel requests can be made at the front desk.

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. Reservations will not be taken less than one hour in advance. Reserved courts which are not claimed within ten minutes after the hour will be available for walk-up participants on a first come, first served basis.
2. Protective 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, check-out appropriate eyewear from the equipment desk or purchase eyewear at the front desk.
3. Purposely striking racquets against walls, windows, doors, floors or railings is prohibited.
4. Racquetball Court #1 is the Challenge Court. Please follow challenge rules posted for this court.

Group Fitness Rooms

1. The equipment located in the rooms, including stereos, kicking bags and mats is for use during scheduled group fitness classes only.
2. Rooms may be reserved by student groups and individual students at the front desk. Please inquire at the front desk for reservation guidelines and a Studio Space Reservation Request Form.
3. Boxing, contact sports, stunts, tumbling, and wrestling are prohibited in the facility unless approved through a Space Reservation Request Form.
4. Placing any type of tape or marking material on the floor is prohibited. Any cost incurred due to damage to the flooring as a result may be passed on to the responsible party.