



**Sarkeys
Fitness Center
Facility Guidelines
COVID**

ou.edu/far

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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.

Return to Campus Requirements

Before you arrive, please ensure you have submitted and received clearance to return to campus. Faculty/staff/students and other affiliates with an ou.edu email address and credentials, please complete the online form at <https://covidreporting.ouhsc.edu>. For retirees, partner memberships, and others, please complete the Visitor/Vendor reporting tool at https://apps.hr.ou.edu/DMS/documents/files/Visitor_COVID-19_Screening/Visitor_COVID-19_Screening_and_Reporting_Form_6-10-20%5b1%5d.pdf.

Best Practice Requirements for Reducing the Risk of COVID-19

Fit+Rec is committed to providing an inspiring and clean environment for you to attain your fitness goals. We are closely monitoring coronavirus developments and our team is taking the necessary precautions to ensure you can work out as safely as possible in our facilities. While we cleaned regularly before coronavirus, we are ramping up our cleaning and we are asking you to join us in this way in committing to the health of the university community. In spite of our combined best efforts, the university cannot guarantee you will not be exposed to coronavirus.

1. **Do not come to Fit+Rec facilities ill** – If you are not feeling well, have a fever or visible sign of illness, including coughs, sneezes, sore throat, shortness of breath, chills, etc., stay home to rest and recover. If you have been diagnosed with coronavirus/COVID-19 do not come to the facility until your doctor determines you are free from illness.
2. **Come ready!** – Please come prepared for exercise and consider not using the locker room. Minimize your footprint on the building to minimize your risk and that of others.
3. **Cover up** – Members and staff must wear a surgical style mask over their nose and mouth at all times. Members should bring their own masks.
4. **Social distance** – Maintain a minimum of 6' from other individuals when not engaged in exercise and a minimum of approximately 12' when exercising.
5. **Hand sanitize** – Use hand sanitizer upon entry to the facility and when you exit.
6. **Wash hands** – This is a critical practice! Ideally, wash your hands upon entry and exit of the facility for at least 20 seconds.
7. **Disinfect your equipment** – To kill germs, wipe equipment before and after use with provided wipes.
8. **Hands-off for now** – Please accept our head tilts and welcoming gestures in lieu of handshakes and fist bumps.
9. **We are all on the offense** – Our facilities are fully stocked with hand sanitizer and disinfectants. Please use them to clean the surfaces you touch.
10. **Stay informed** – Refer to the CDC for best practices to help prevent the spread of coronavirus. Go to <https://www.cdc.gov/coronavirus/2019-ncov/> for details.
11. **BYOW** – We encourage you to bring your own water or use the touchless filling stations in the facility.

Members are expected to comply with these policies and procedures. If a member doesn't comply, including wearing a mask, disinfecting equipment, and maintaining required distancing, the member may be removed immediately, and their membership privileges may be revoked.

General

1. Bring your valid, working University Sooner Card ID each time you visit. Acceptable forms of ID include your physical Sooner Card ID or the Sooner Card digital credential in Apple Wallet or Android Mobile. 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. Due to the decreased capacity in the facility, guest passes will not be sold until further notice.

4. Each space in the facility will have an identified maximum capacity. Any area that reaches full capacity will be closed immediately.
5. Entrance to the Sarkeys Fitness Center may be limited to HES academic classes, special hours, and by-appointment only.
6. Cups and bottles with lids and snacks such as nutrition bars or shakes are allowed in the facility.
7. Please do not pour protein powder or other substances in drinking fountains or water bottle stations.
8. Please keep the facility clean. Trash and recycling receptacles are available throughout the facility.
9. 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.
10. Virtual 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.
11. Areas of the facility may occasionally be closed for special events, maintenance, or cleaning.
12. Please store all personal belongings in designated storage areas. Belongings placed on equipment or in walkways may be removed by staff.
13. Studio or other spaces are not currently available for reservation or walk-in use by individuals or organizations.
14. 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. OUPD Non-Emergency number: (405) 325-2864
2. Day use lockers and rental lockers are available for member use.
 - a. Coin lockers located in the weight room are for daily use only.
 - b. Members can check out a lock from the front desk and use that lock for the day in lockers located on the bridge or downstairs near the locker rooms.
 - c. During this time, personal locks can also be used on day use lockers. Personal locks remaining on lockers at the end of each day will be removed.
3. Please do not leave valuables unlocked/unattended. Staff members are not allowed to hold personal items for participants.
4. 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.
5. Please enter and exit through the designated turnstiles at the main entrance. All other doors are emergency exits and will sound an alarm throughout the facility.
6. In case of emergency, follow the direction of facility staff.
7. 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.
8. For the safety, security and comfort of our members, use of electronic devices is prohibited in the locker rooms.
9. Report any unusual activity to the facility staff.

Towel and Equipment Check-Out

1. The equipment desk is currently closed; small equipment is currently not available for checkout. Members are encouraged to bring their own personal equipment.
2. Towels will be available for use. Clean towels are located on a table outside of the equipment desk. Place used towels and member cleaning towels in the white baskets around the facility, or in the laundry bin located in front of the equipment desk.
3. Supplies for singles table tennis and badminton are available for use on courts 1 and 2. Please use equipment located in the clean bin, and place in dirty bin after use.

Equipment Setups

1. Equipment should remain as placed in order to maintain appropriate distancing of approximately 12 feet apart. 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 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.

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 Rock Creek that is operated by Norman Regional Health Systems.

Conduct and Etiquette

1. 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.
2. Be mindful of your surroundings, use equipment in a manner that will keep yourself and others safe.

Clothing

1. Shirts that cover the back and midriff are strongly recommended in all areas of the facility to protect yourself and prevent against the spread of infections and diseases.
2. Indoor non-marking athletic, closed toe/heel shoes are required in all areas. Boots and sandals of any kind will not be allowed.
3. For your safety and the safety of others, those with open toe casts will not be allowed to enter the rack room.

Courts

1. Basketball and other team sports will not take place until further notice.
2. All courts have been repurposed for individual exercise use. Equipment should remain as placed in order to maintain appropriate distancing of approximately 12 feet apart.
 - Court 1 – Singles badminton
 - Court 2 – Singles table tennis
 - Court 3 – Open court
 - Court 4 – F45
 - Court 5 – Strength equipment
 - Court 6 – Strength equipment
 - Court 7 – Cardio equipment
 - Court 8 – Cycling
3. Outdoor sports (i.e. soccer, football, softball, Frisbee, etc.) are not allowed in the facility.
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.
5. Facility areas are designed for their intended use unless otherwise approved.

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. Only the outer and inner lanes of the track may be utilized, single file. Walkers will use the outer lane and runners the inner lane.
3. Track users must keep at least 30 feet in front of and behind other members who do not reside in the same household.
4. When passing another member, use the opposite red lane and keep a 30-foot distance in front of and behind others.
5. Please do not stand on the track to observe other areas of the facility.
6. Please do not touch or alter the fans located in the track area.

Climbing Wall

The climbing wall and campus board located near the locker rooms will be closed until further notice as there is no feasible way to sanitize handholds and the wall regularly.

Weight Areas - All

1. Only one person per piece of equipment.
2. Please keep all weight plates, Iron Grip dumbbells, kettlebells, and barbells in the weight areas.
3. Please do not move equipment to other rooms in the facility.
4. Benches should remain in designated areas marked by blue tape or otherwise.
5. Benches are not to be used as steps
6. 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.
7. Safety supports and collars must be used at all times.
8. Return weights to horns and racks when finished.
9. Please wipe down equipment before and after use.
10. Weights should not be leaned against equipment or banged together.
11. For your safety, please use equipment as designed.
12. Report any concerns about equipment to facility staff immediately.

Weight Areas – Rack Room

1. The rack room is used by reservation only. Download the OU Fit+Rec app or go to IMLeagues.com to create an account and reserve a power rack. Additional information on creating an account can be found at ou.edu/far
2. Reservation length is 1 hour. All equipment used, including weight plates, safety collars, bars, benches, leg press, etc. must be cleaned after use. This will occur either the last 10 minutes of the hour, or when workout is complete.
3. Each rack should include an adequate amount of weight for lifting, please do not borrow equipment from other racks. Notify a staff member if assistance is needed.
4. All power lifts must be done in a power rack.
5. Safety supports and collars must be used at all times.
6. Facility Attendants are not allowed to spot; participants are encouraged to use the safety bars or find their own spotter.
7. Use provided liquid chalk when needed. Loose chalk is not permitted.
8. The maximum load limit on all barbells is 600 pounds (645 including the bar).

Weight Areas – Bridge

1. In order to provide adequate distancing for equipment users, access to the weight equipment on the bridge is on an alternating schedule for use. Cones will be used to block equipment that is not available for the day.
2. Monday, Wednesday, Friday, Saturday are designated for upper body equipment, and Tuesday, Thursday, Sunday are designated for lower body equipment.

Cardiovascular Equipment

1. Only one person per piece of equipment.
2. Workouts may be limited to 30-minutes during high traffic times to enable all participants the opportunity to exercise.
3. 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.
4. Please wipe down equipment before and after use.
5. 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

1. Courts are currently closed to racquetball play.
2. Racquetball courts are designated as recovery areas. If needed, please step into a court to remove mask for recovery.
3. Only one person in a court at a time.

Group Fitness Rooms

1. Studios are currently only available for Fit+Rec or academic classes. The equipment located in the rooms, including stereos, kicking bags and mats is for use during scheduled group fitness classes only.
2. Reservations and walk-in use are not available at this time.
3. Members are encouraged to bring their own mats and other equipment.
4. A limited selection of equipment will be available for use during group fitness classes.
5. Participants should arrive 10 minutes early to collect equipment and set space.
6. Participants are expected to clean all equipment used at the completion of class.