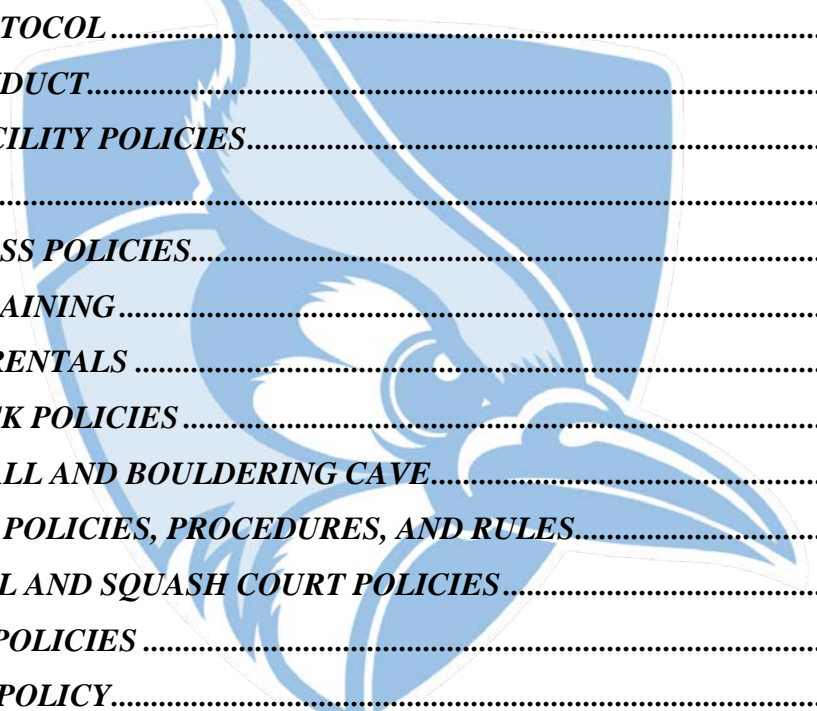


Table of Contents



<i>COVID-19 PROTOCOL</i>	2
<i>CODE OF CONDUCT</i>	3
<i>GENERAL FACILITY POLICIES</i>	4
<i>ATTIRE</i>	4
<i>GROUP FITNESS POLICIES</i>	5
<i>PERSONAL TRAINING</i>	6
<i>EQUIPMENT RENTALS</i>	7
<i>INDOOR TRACK POLICIES</i>	7
<i>CLIMBING WALL AND BOULDERING CAVE</i>	7
<i>INTRAMURAL POLICIES, PROCEDURES, AND RULES</i>	9
<i>RACQUETBALL AND SQUASH COURT POLICIES</i>	12
<i>GYMNASIUM POLICIES</i>	12
<i>NO SMOKING POLICY</i>	13

COVID-19 PROTOCOL

In order to provide a safe and healthy experience for the entire Johns Hopkins community of students, faculty/staff/spouse members, and guests, Johns Hopkins will heed the guidance of the State of Maryland, Baltimore County and the Baltimore City Health Department health and safety standards which all users are required to follow to ensure the welfare and protection of all parties.

The use of Johns Hopkins Recreation facilities and services indicates your agreement to:

- Adhere to all JHU and JHU Recreation rules and regulations
- NOT visit any JHU Recreation facilities if I am aware of or displaying any symptoms that are potential flu-like indications such as fever, cough, or any difficulty with breathing
- Face masks are required upon entering the facility and while working out
- Assume any and all liability for my health and well-being by physically attending the premises of a Recreation facility despite the recent COVID-19 pandemic
- Abide by the physical distancing guidelines(s) by keeping a 6-foot distance between customers, Rec staff, or guests at all times when using any JHU Recreation facilities or any other product or service unless acute injury, risk mitigation, or safety measures require otherwise
- Minimize and avoid unnecessary physical contact with others
- NOT attempt to use equipment that is non-operational or has any sign communicating non-use for any reason stated by JHU Recreation
- Thoroughly wipe down equipment after every use with the sanitation supplies provided by JHU Recreation and ensure all trash is discarded in designated waste receptacles
- Return all equipment to the original place for proper storage after every use
- Understand that the hours of operations for all JHU Recreation facilities will include pauses for sanitation and cleaning purposes.

Access to Facility

- Members must reserve a timeslot for the Rec access on the Fusion Go App. ONE reservation per member per day will be permitted.
- Members are required to wear a face covering at all times.
- Members are asked to answer current health status survey.
- To maintain a safe and healthy space, members are required to clean equipment before and after use.
- The staff of the Rec Center will be monitoring the program areas enforcing policies. Failure to comply will result in suspension of Rec membership.



Thank you for doing your part as we work together to keep our Johns Hopkins community safe for all our valued students, faculty/staff/spouse members, and guests. Please check back on our website at <https://studentaffairs.jhu.edu/recreation/> regularly as guidelines may change based on the guidance of State of Maryland, Baltimore County and the Baltimore City Health Department for sanitation, physical distancing, member, recreation staff, and guest safety, as well as facility and amenity hours of operation.

CODE OF CONDUCT

The JHU Recreation Center is committed to providing a safe, comfortable and enjoyable experience. A Code of Conduct for members and guests has been established to ensure that your experience is consistent with our commitment.

The O'Connor Recreation Center Staff has the authority to implement policies that support providing a safe, comfortable and enjoyable experience for members of the Johns Hopkins community. At its sole discretion, the Rec Center Staff determines if conduct violates the following Code of Conduct. Under the Code of Conduct, inappropriate behavior includes, but is not limited to, the following:

- Unsafe behavior
- Physical assault, violent, threatening, aggressive, harassing and/or intimidating behavior
- All forms of abusive or demeaning communication, including foul, offensive or obscene language or gestures to the extent permissible by law
- Photography or videography in the center without prior Center and University approval
- Non-adherence to the rules and policies set by the Center and the University in its facilities and programs
- Certain threats or acts of violence that may violate the law and could result in criminal prosecution
- Members and guests are expected to respond to inquiries about their behavior, accept responsibility for their actions and comply with any requests to adjust behaviors that do not meet Center guidelines

Failure to follow this code may result in loss of membership or facility access. Nothing in this Code of Conduct is meant to usurp or replace any existing JHU Policy that applies to actions taken on JHU property and/or by members of the JHU community.

GENERAL FACILITY POLICIES

- In order to enter the O'Connor Recreation Center a valid membership card (J-Card, JHMI Card, Recreation Center membership card, driver's license or passport) is required to be shown at the Welcome Desk. **No exceptions!**
- **A Recreation Center member is only allowed to use alternate identification (driver's license or passport) to access the Recreation Center maximum of two entries.**
- Photo copies of identification will not be accepted
- Membership cards are non-transferable and any attempt to use another person's membership card will result in confiscation of the card and possible member/guest suspension.
- The Recreation Center staff is not responsible for any user's personal belongings.
- The JHU issued IDs are used to swipe in to our system and validating membership
- No person under the age of 18 is permitted to enter the Recreation Center Facility. The only exceptions to this policy is open Family Swim times that is indicated on the pool schedule and private swim lessons.

ATTIRE

- For the comfort of other members, all gym users must wear shirts. Sports bras, or single layer crop tops (defined by an elastic band on the chest) are considered underwear and may not be worn without another layer over the top.
- For your safety, open-toed shoes or slip-on shoes without a heel strap are not permitted. Members must wear shoes in all areas of the facility except for the pool, martial arts room, stretch areas, and barefoot group fitness classes.
- For the care of our equipment, denim shorts/pants and cargo shorts/pants (and any other clothing with hardware such as zippers, buttons, key rings, rivets, etc) may not be worn.
- The Recreation Staff reserves the right to make decisions on specific attire on a case by case basis.
- For questions on specific attire, contact [Daniel Kifle](#)

GROUP FITNESS POLICIES

- **Individual Pass Purchase:**
 - May be purchase on the Fusion Go APP or on the JHU Rec member portal, <https://recportal.hsa.jhu.edu>.
- **Class Registration:**
 - Download the Fusion Go APP or visit the member portal to register for classes.
 - Registration will open 24 hours prior to class time.
 - If you are not able to register, it is recommended to show up 10-15 minutes early
- **Cancellation:**
 - You may drop a registration up to 30 minutes prior to class time. No shows and last-minute drops are an inconvenience to other members who may have wanted to take the class.
- **Attire & Etiquette:**
 - Showing up on time is essential and a courtesy for instructors who are setting up class, doing check in and welcoming members.
 - Please dress in clean, appropriate athletic attire.
 - Close-toed shoes are required for all classes aside from Yoga, Barre, and POP Pilates.
 - Equipment should be used only for intended purposes.
 - Be a responsible member, we ask that you clean your equipment after use and return it to its designated spot, including but not limited to handles of dumbbells, mats, jump rope handles.
 - Purses, backpacks, and large coats should be stored in cubbies or lockers, not in the workout space for the safety of movement.
 - Food and beverages aside from water are not permitted in the studios.
- **Timeliness:**
 - Show up on time or early to classes. Your registration will be given to the next person on the wait list if you are late.
 - Instructors reserve the right to turn participants away after the warm up has commenced.
 - No late arrivals will be accepted for F45 or yoga due to the importance of instructions and the interruption of opening meditations, respectively.
- **Schedule Variance:**
 - Class schedules will vary semester by semester and will be condensed during breaks, interims, and summer/winter sessions.
 - Instructor substitutions happen! We will do our best to sub classes with the same class or a similar class type based on availability.
 - Instructors reserve the right to cancel classes with less than 2 participants and to shorten classes with less than 3 participants.
- **Tips!**
 - If it is your first time, show up early to ask the instructor question about the class such as intensity, modifications, equipment set up, etc.
 - Come hydrated and rested with plenty of energy!
 - It's not recommended to eat a large meal shortly before classes (especially F45).



- Feedback is welcome! Instructors LOVE to know what you enjoy about their classes and even where they can stand to improve.
- Bring a friend! Blue jays that sweat together smile together J

PERSONAL TRAINING

- **Register:**
 - Visit the Recreation Center Office between 9 a.m. and 5 p.m., Monday through Friday or submit the following [PDF Document: Personal Training Registration Form \(PDF\)](#) to recreation@jhu.edu
- **Prior to Session:**
 - Once all paperwork and first payment is completed, you will be connected with a trainer to schedule your first session.
- **Payment:**
 - All sessions MUST be prepaid in advance. Payments are accepted by cash, J-cash, check, or credit (payable to Johns Hopkins University) in the Recreation Center Office or via phone call to the office during office hours.
- **Cancellation:**
 - Cancellations/reschedules must be made directly with the trainer no later than 4 hours before your appointment- Cancellations made less than 4 hours are **not** refundable.
- **Attire & Etiquette:**
 - Please dress in clean workout attire (no jeans, boots, or open-toed shoes) and maintain an appropriate relationship with your trainer- the same is expected of them.
- **Timeliness:**
 - Please arrive on time for your appointment- the trainer is only expected to stay to the end of your scheduled session.
- **Location:**
 - Training must take place within the Recreation Center, or otherwise approved campus location. Trainers are **not** permitted to train at private residences.
- **NO unauthorized training:**
 - Unauthorized training in the Recreation Center by anyone outside of the Rec Center's PT staff is strictly prohibited and may result in barred status from the building. If it is seen or suspected we reserve the right to ask you to leave the premises, possibly indefinitely.

- **Expiration:**
 - All paid training sessions must be completed within one year of purchase. Following a year, refunds are not permitted.

EQUIPMENT RENTALS

- The equipment is located off the lower lobby of the Recreation Center.
- Equipment such as basketballs, volleyballs, racquetball, squash, tennis and badminton rackets and balls/birdies, can be checked out at the equipment room.
- Members are required to return the exact equipment item check out. This can be reference by the number written on the equipment. If you are unsure of your item number, please check with the Equipment Room Employee.
- A picture ID (J-Card or Recreation Center membership card) must be presented in order to check out any equipment. Unreturned or damaged equipment will result in a fine equal to the replacement cost of said item.

INDOOR TRACK POLICIES

- The indoor track is located on the first floor of the Recreation Center overlooking the Robert Scott Gymnasium.
- The Track is 1/10th of a mile long (10 times around is equivalent to one mile).
- The track changes directions daily. Please check the direction of the track (located on a sign at the entrance to the track) before beginning your workout.

CLIMBING WALL AND BOULDERING CAVE

Climbing Wall Policies

- All climbers must have a JHU climbing wall waiver on file and must swipe in at the climbing wall front desk.
- Everyone top rope climbing/belaying must take and pass a belay test.
 - Figure 8 with stopper knot and ATC belay device are required for the
 - Waivers and belay test are valid for one academic year.
- No climbing under another climber



- No food or drink allowed in the climbing Water is acceptable.
- Shoes must be worn at all times at the climbing wall and while climbing.
- Maximum occupancy is 30 people.
- Report all unsafe/damaged equipment to climbing wall staff
- All persons using JHU climbing facilities are expected to respect other individuals and conduct themselves in good order.
- No headphones while belaying or climbing.
- Climbing Wall Staff reserve the right to check harnesses, knots, safety systems, etc. at any time.
- Climbing Wall Staff reserve the right to ask a patron leave if they are deemed unsafe or in violation of these policies.

Cave Policies

- All climbers must have a JHU climbing wall waiver on file and must swipe in.
- The use of a spotter and moveable pads are highly encouraged and their use is the responsibility of the climber.
- No climbing under another climber.
- No climbing above the marked line.
- Shoes must be worn at all times at the bouldering cave and while climbing.
- No food or drink on the padded cave flooring. Water is acceptable.
- Maximum occupancy is 20 people.
- Report all unsafe/damaged equipment to climbing wall staff.
- All persons using JHU climbing facilities are expected to respect other individuals and conduct themselves in good order.
- Climbing Wall Staff reserve the right to ask a patron leave if they are deemed unsafe or in violation of these policies.

Lead Climbing Policies

- Climbing Wall policies apply.
- Everyone lead climbing must have a current lead belay and lead climbing certification.
- No skipping clips.
- No taking “whippers” for fun.
- Spotting the climber for the first clip is required.

- The use of a moveable pad for the first clip is highly recommended.
- Only the Climbing Wall lead ropes can be used.
- Assisted breaking devices such as a GriGri or Cinch must be used according to the instructions however you must test with an ATC.

Climbing Wall Staff reserve the right to ask a patron leave if they are deemed unsafe or in violation of these policies.

INTRAMURAL POLICIES, PROCEDURES, AND RULES

- **Team Managers:**

- Team managers are responsible for informing their teammates of all Intramurals rules and policies.
- Team managers are responsible for notifying their teammates on upcoming games that are posted online.
- Team managers are responsible for their team and fan behavior before, during and after their game.
- Only the team captain may address an official on matters of rule interpretation or to obtain essential information.
- Team managers are responsible for any equipment given to them, such as team jerseys and basketball balls. (Team managers, you will be charged for the missing items)

- **Players:**

- All players must present their JCard or Rec Center membership card to the Intramural Supervisor on duty. (Note: there will be NO exceptions)
- All players must have a valid membership to the O'Connor Recreation Center.
- Guest CANNOT play in any Intramural League.
- Players may only play on one team per league (i.e. one Men's open, Frat and dorm); also players are allowed to play with a Co-Rec team. Switching from one team to another is illegal, and will result in a suspension from participating in any Intramural activity for the remainder of the season.

- **Eligibility:**

- All players must have a valid membership to the O'Connor Recreation Center.
- Rec Center guests are NOT allowed to participate.



- Any team caught using an illegal player will forfeit all games in which that player participated in, thus making them ineligible for playoffs.
- An individual must compete in at least 1 game during the regular season or tournament to be eligible for the playoffs or championship game of the tournament. Teams may add/drop players to roster until last game of regular season.
- **Format:**
 - Leagues will consist of a 3-5 game regular season followed by a single elimination tournament.
 - Eligibility for playoffs: “3.0” sportsmanship rating and no more than 1 forfeited game.
 - Forfeits without an email prior to 5:00pm on game day, in will receive a 0 for the sportsmanship rating. • Teams are given one default game during regular season play.
 - Any team that receives 1 or 0 sportsmanship rating in any game will NOT be eligible for the playoffs or tournament.
- **Equipment:**
 - The Intramural office will provide a game ball. However, both teams may agree to use another ball as long as it’s regulation and checked by either the Intramural Supervisor or the Game Official. We DO NOT provide balls to warm up.
 - All participants must wear the proper athletic attire to participate, including proper shoes, shorts and t-shirts. Bare Feet, open toed shoes, boots, or any type of metal cleats are not allowed.
 - No hats/caps/bandanas.
 - Elastic bands and beanies are allowed as long as they cannot be tied.
 - No Jewelry is allowed, with the exception being medical identification jewelry. Participants may not cover up jewelry with tape, band-aids or other such items, all jewelry must be removed.
 - No cast or splints (hard or soft) are permitted.
 - Team jerseys will be provided for each team if necessary. T-shirts must be worn underneath the provided intramural jerseys. Participants are allowed to wear their own team jerseys.
 - Please avoid wearing light blue, red and yellow jerseys, as these are the colors the staff wear.

- **Game Time:**
 - Before the game begins: players must check in with the Intramural Staff. If a player arrives late, they must check in during any break of play or at the half.
 - GAME TIME IS START/FORFEIT TIME. The game time provided on the intramural web site is the start of the game. If a team does not have the minimum number of players by the starting time, they will forfeit the game.
 - Two forfeited regular season games will result in elimination playoffs.
 - One forfeited game during tournament play will result in elimination from the tournament, regardless if the format is double elimination.
- **Sport Specific Rules:**
 - Each sport will be provided the Hopkins Intramurals sport specific rules used for that league.
- **Protest:**
 - A team captain may only protest before or during the game, not after. In protesting an official's call, the team may only protest a rule interpretation or eligibility and not a judgment call. All protest during the regular season will go to the Assistant Director of Intramurals to be reviewed and decided upon. All protests during the playoffs/tournament will/can be decided by the Intramural Supervisors/Coordinators on duty.
- **Sportsmanship:**
 - The Intramural staff on duty will grade all teams on their sportsmanship and has the authority to ask anyone to leave the gymnasium. A team's sportsmanship is a reflection of its players as well as fans.
 - Playing Intramural Sports is NOT a right, it is a privilege. Therefore, the Intramural program reserves the right to take away that privilege from any team or individual that does not abide by the rules and policies, as well as does not exhibit good sportsmanship and fair play.
 - Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game.
 - Any team that has a player ejected for an unsportsmanlike conduct, flagrant or tech will automatically receive lower than a "3.0" in conduct.
 - A player that is ejected for any reason must first speak to the supervisor that is on the field/court and then make an appointment to speak to the Assistant Director of Intramurals before their team's next game. The ejected player is suspended from



all Intramurals activities until the Assistant Director of Intramurals reinstates him/her. In addition, he/she will have to make an appointment via email, to meet with the Assistant Director of Intramurals during office hours (Monday through Friday, 10:00 a.m. – 5:00 p.m.) before they are eligible to participate again.

- Any player who fights amongst players or touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident and a report will be sent to Student Conduct.
- Minimum 1 game suspension for all ejections.
- **Safety and Liability:**
 - Intramurals does involve physical contact and injuries (while mostly minor). Players should participate with this understanding. Also, participation in the Intramural Program is completely voluntary. Johns Hopkins University is not responsible for injuries incurred during intramural play. It is strongly recommended that participants have satisfactory health status and insurance coverage.
- **Alcohol and Drug Policy:**
 - Alcohol and Drugs are prohibited. Anyone suspected of being under the influence will be asked to leave the intramural premises. Failure to do so will result in suspension from all intramural activities and a report being sent to Student Conduct.

RACQUETBALL AND SQUASH COURT POLICIES

- Racquetball and squash court reservations can be made one day in advance beginning at 6 a.m. on weekdays, 8 a.m. on Saturdays, and 10 a.m. on Sundays. Same-day reservations are not permitted. A patron can only reserve for one hour at a time.
- All check-out equipment (rentals) must be assigned to a Recreation Center member on the computer inventory system. Valid member IDs must be presented at the time of checkout.
- The equipment will be inspected upon return. If damages occur the member or guest will be responsible for the cost of repairing or replacing the item.

GYMNASIUM POLICIES

- No food or drink is permitted on the court area.



- Appropriate non-marking footwear is required. No dress shoes, boots or bare feet. Shirts are required at all times.
- Dunking or rim hanging is not permitted.
- During scheduled open badminton and open volleyball times those activities have priority for court space. All other times when there are no scheduled activities or groups, activities are based on a first-come, first-served basis.

NO SMOKING POLICY

The Ralph S. O'Connor Recreation Center is a non-smoking building. Smoking, including but not limited to cigarettes, e-cigarettes, cigars, and hookahs, is prohibited.

Members who smoke must do so outside and far enough away so that the smoke will not filter into the building via exterior doors, windows, or the building ventilation system.

