University of Idaho
Recreation and Wellbeing

STUDENT RECREATION CENTER POLICIES AND GUIDELINES

GETTING STARTED

Welcome to the Student Recreation Center (SRC). Before you get started please follow these precautions to help avoid serious injury:

- Get a medical exam before beginning an exercise program.
- Read all warning labels and instructional placards on machines.
- Allow for proper warm up and cool down.
- Avoid over-exertion.
- Use equipment only for intended purpose of exercise.
- Do not modify the equipment.
- Never attempt to repair equipment.
- When in doubt, ask for assistance.

Visit our website for a list of all services and programs including group fitness schedules and operational hours at:

uidaho.edu/recwell

Quick Tips

- Peak times are mid-day and evening.
- Swipe your card with the mag stripe down, facing the Information Desk.
- Student attendants are told to enforce SRC access policy and will not allow any exceptions.
- If you would like to use a court but someone is already there, please remember that it is first come, first serve in accordance with the court priority schedule.
- Please keep the facility clean; use proper receptacles.
- Recreation and Wellbeing reserves the right to film or photograph participants of Recreation and Wellbeing programs or facilities. These photos are for the sole use of the University of Idaho or publications, promotions and advertising.

GUIDELINES

Assumption of Risk

Participation in Recreation and Wellbeing facilities and activities is voluntary. Each individual participant or spectator acknowledges the risk and hazards directly or indirectly involved in participation and use. These risks include, but are not limited to the risk of serious bodily injury as well as death. Should an accident, injury or related incident occur, contact the SRC staff immediately.

SRC Access

All Student Recreation Center (SRC) members must have their Vandal Card or Membership Card to enter the facility. Without a valid card you cannot pass through the turnstiles. Exception: Members can forget their card up to three times per semester. Inquire at the SRC Info Desk about forgotten card access.

Personal Items

All personal belongings should be locked and secured at all times. Loose items such as clothes, backpacks, etc., should be stored appropriately and kept off activity floors. Day lockers are available. The SRC is not responsible for lost or stolen property.

Parking

Meter parking is available on the East side of the SRC. See posted parking signs or visit uidaho.edu/parking

Closures

Occasional closures of the facility or specific spaces may occur due to maintenance schedules, special programs,safety issues or other unforeseen circumstances.

Refunds

Refunds and extensions are not provided for occasions in which any or all RecWell faciliites or services are closed due to, but not limited to: weather events, campus closures, and/or holidays. Memberships may be extended under select circumstances for preplanned events including: extended holiday break closures and maintenance closures. RecWell reserves the right to determine when or if extensions are applied.

updated August 21, 2026

Live Well. Play Well. Be Well.

University of Idaho
Recreation and Wellbeing

RecWell.

POLICIES

all policies subject to posted amendments

Please observe all signage throughout the building.

Attire

- All attire must be clean and should be activity appropriate.
- Attire that may cause personal injury or damage to equipment is prohibited.
- Tops are required in all activity areas.
- Footwear must be clean (not muddy or dirty) and should be activity appropriate.

Bicycles, OneWheels, Scooters, Skateboards & Rollerblades/Roller Skates

Bicycles, one wheels, scooters, and skateboards cannot be stored inside the SRC. Roller blading/skating is allowed in the MAC only.

Cardio & Weight Machines

- At peak times, limit use to 30 minutes or less.
- Wipe down equipment after use (spray cleaner on rag, not equipment).
- Television stations in the cardio cinema are changed upon request by the SRC staff only, provided that others are not watching the current program.

Children

Unattended children are not allowed in the SRC Atrium. Access for children (17 and younger) is limited to youth climbing hours and other youth programs.

Conduct

Patrons shall respect the rights of others and display acceptable and appropriate behavior while using the SRC. This includes but is not limited to inappropriate or profane language, inappropriate contact, and inappropriate gestures.

Courts

- Court use is subject to the posted preference schedule.
- In conjunction with the preference schedule, court use is first-come, first-serve.
- Non-marking court shoes are required.
- No dunking.
- No grabbing or hanging on rims or nets.
- Rotate waiting players.
- Do not alter nets and poles.

Equipment Room (ER)

- All equipment is available free of charge with a Vandal Card.
- A Vandal Card is required to check items out and in at the ER.
- Personal items may not be left with ER staff - free day lockers are available for checkout.
- Long term lockers are available for purchase at the Information Desk.
- Equipment must be returned before closing on the same day it was checked out to avoid replacement fees.

Free Weights

- Lifting belts and spotters are recommended for heavy lifts.
- SRC staff are not allowed to spot.
- Allow others to work through.
- Re-rack weights and dumbbells
- Secure weights with safety collars and pins.
- Do not drop weights and dumbbells: exception for bumper plates only.
- Altering equipment from original design is prohibited.

Indoor Track

- Walkers use inner lanes, joggers use outer lanes.
- Do not stretch on rails or walls of track.
- No more than 2 people wide on track.
- Follow track direction signs as posted.

Locker Rooms

- No personal locks.
- Lock and secure your valuables at all times
- Saunas are dry, do not pour water on the heater.
- A lower body covering must be worn in the sauna at all time
  Example: shorts, underwear, or wraped towel.
  Sitting on a towel is also recommended.
- Do not tamper with sauna thermostat.
- Please observe posted sauna information.

Multi Activity Court (MAC)

- MAC schedule is posted at the entrance. MAC schedule takes precedence, otherwise it is first come, first serve.
- Non-marking foot wear only.

Photography

Personal photography or videotaping is not allowed. Please contact RecWell management for more information.

Policy Violations

Misuse or abuse of membership and/or facilities or violating SRC and Recreation and Wellbeing policies may lead to temporary or permanent loss of access privileges. The offending party may be removed from the facility. Recreation and Wellbeing reserves the right to suspend any individual temporarily or permanently, for failure to comply with policies.

Private Use

SRC facilities may not be used for private or commercial purposes unless such activities are approved by Recreation and Wellbeing. Examples of prohibited activities include but are not limited to: personal training, private instruction, sales, advertising and related promotional activities.

Signage

Signage, posters, and solicitation of goods is prohibited inside the SRC. The bulletin board in the SRC vestibule is the only available area for posting. All materials must be associated with the University of Idaho and be approved by RecWell professional staff.

Tobacco

Campus policy prohibits the use of tobacco on campus, this includes cigarettes, e-cigaretts, and chewing tobacco.

To learn more about our programs, visit
uidaho.edu/recwell

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