



Updated 8/17/2020

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UNK Campus Rec guidelines below have been created to allow us to continue offering services to the campus community with efforts to safeguard the health and well-being of our students, faculty and staff. Modifications will be made regularly as needed and communicated to our users as effectively and efficiently as we can.

Fall Hours of Operation

- Monday-Thursday: 5:45am-11:00pm (*Closed 1:40-2:00pm for cleaning*)
- Friday: 5:45am-7:00pm
- Saturday: 10:00am-3:00pm
- Sunday: 1:00-10:00pm

WELLNESS CENTER

- Wellness Center capacity will be limited to 35 patrons
- Members are highly encouraged to make on-line reservations for access to recreation facilities
 - Reservations can be made at RecWell.unk.edu
 - Walk-up registration will be allowed to those who do not pre-register
 - Priority access is given to those who pre-register
- Workouts should be limited to 55 minutes
 - Time limits will only be enforced if capacity is met and a waitlist occurs
- Physical distancing is emphasized throughout the facility and patrons are **required to maintain a distance of 6 feet** between themselves and others at all times
- Face Mask Policy
 - Face masks are required:
 - 1) When entering the facility
 - 2) In non-workout areas
 - 3) At the climbing wall
 - 4) In the campus rec office
 - 5) When you are within 6 feet of others
 - Face coverings are encouraged but are not required while working out. This is within campus guidelines due to the proper distancing we have placed between equipment and limited patron capacity procedures we have put in place.
- Patrons are required to sanitize equipment before and after use.

Access Restricted Info

- Alumni memberships will not be sold until further notice.
- Guest passes will not be allowed until further notice.

Online Reservations

- Reservations can be made at RecWell.unk.edu
- Members are limited to one reservation per day
- Reservation times can be made for up to 3 days in advance
- Walk up registrations are allowed when capacity has not been met

What amenities are not available?

- Showers
- Select fitness equipment including but not limited to:
 - Weight belts, resistance bands, medicine balls, foam rollers, ab rollers, wrist straps

Here are some of the precautions and policies our staff will be taking:

- On your first visit, all members will be given a brief orientation to provide clear understanding of any new policy and procedures.
- Hand sanitizing stations will be made available throughout the facility.
- Extra equipment and facility cleaning protocols will be scheduled, including but not limited to:
 - High touch points, frequency of routine cleaning, deep cleaning after closing
- All employees will complete a health screening prior to beginning the work day.
- All staff will wear a face mask while in public areas and providing service.

HOW WE'RE ASKING MEMBERS TO HELP

We are committed to doing everything we can to maintain a clean and welcoming facility and are relying heavily on CDC and local health department guidance in establishing safe conditions for our staff and members. It is up to all of us to take responsibility in preventing the spread of COVID-19. Here are some things you can do to help:

Stay Home if You're Sick: If you are experiencing **ANY** symptoms of illness or sickness that may or may not be related to COVID-19, we respectfully ask you to refrain from visiting the Wellness Center.

Keep Your Distance: Please exercise on designated equipment only and respect all signage regarding social distancing. Strive to maintain at least six feet between you and others whenever possible.

Be Respectful: Campus Recreation requests that members bring their own mask and wear it whenever possible, especially in common areas where other members are present.

Remember to Wipe Down Equipment: Please help us reduce the risk of exposure by wiping down all equipment, weights, etc. with the provided cleaning materials.

Utilize the On-line Reservation System: To reserve your spot in the Wellness Center go to [RecWell.unk.edu](https://www.unk.edu/campusrec)

We encourage members to stay up to date with the most accurate information by visiting the department website as well as social media platforms:

www.unk.edu/campusrec

308-865-8906 – Wellness Center Desk

308-865-1732 – Member Services

308-865-8849 – Andrew Winscot, Assistant Director

ADDITIONAL INFORMATION

Weight Room Areas

- Dumbbell Racks & Benches
 - Required to maintain 6 ft social distance.
 - Areas have been marked to allow for one bench per rack.

- Clean dumbbells before and after use.
- Cable Cross Over Pulley
 - 1 person limit
- Selectorized Cable Machines
 - No machines will be made unavailable but patrons must adhere to an every/other approach.
 - No two people should be on machines that are directly next to each other.
- Large 8 Stack/Jungle Gym
 - No machines will be made unavailable but patrons must adhere to an every/other approach.
 - No two people should be on machines that are directly next to each other.
- Half Racks and Bench Presses
 - 1 person per rack

Cardio Room

- Use on cardio equipment will be limited to 30 minutes if none are available
- Every other cardio machine will be offline to adhere to 6 ft social distance
- 10 ft separation made available in front of and behind rows of cardio for increased social distancing due to the physical exertion and rapid breathing that occurs
- Each piece of cardio will have a green “Ready for use” sign and a red “Needs to be cleaned” sign.
- Patrons are still asked to wipe off equipment after use, additionally we ask that you flip over the “Needs to be cleaned” sign when you are finished with the machine.

CUSHING FIELDHOUSE GUIDELINES

- 1) Check in will take place across from the Wellness Center entrance on the north end of Cushing Coliseum.
- 2) No online reservations will be taken at this time.
- 3) Capacity of the Cushing Fieldhouse is limited 100 users.
- 4) Please be aware and adhere to the flow of traffic indicators in the facility.

- 5) HPER gym is offline until further notice due to academic use.
- 6) Availability of the Fieldhouse may change with little notice due to academic needs and UNK athletics activities.

Available amenities:

- Walking track
- Basketball hoops & Volleyball nets
- Badminton, Ping Pong, Pickleball and Spikeball nets & equipment

Restrictions:

- Must sanitize or wash hands before entering
- Campus Rec basketballs and volleyballs are **not** available for checkout
 - Patrons must bring their own
- Basketball courts are limited to 2 users per hoop
 - No “pick-up” basketball games are allowed until further notice
- Masks are required on volleyball courts
- Always maintain 6 feet of social distance from others
 - If you are within 6 feet of others you must wear a mask

Masks are **required** in the following instances:

- When entering the facility and checking in/out
- Anytime more than one user is in an area. This includes:
 - Racquetball Courts, Badminton, Ping Pong
 - Basketball Hoop
 - Volleyball Court
- If you are within 6 feet of others

Racquetball Courts Guidelines

- 2 users max per court
- Masks required
- Equipment can be checked out from the Wellness Center desk
- Wallyball is not allowed until further notice

CLIMBING WALL GUIDELINES

Hours of Operation

- Monday-Thursday: 3:00pm-10:00pm

- Friday 3:00pm-6:00pm
- Saturday: Closed
- Sunday: 3:00pm-8:00pm

What you need to know:

- At this time, we will only be offering bouldering only.
 - No top rope or lead climbing will be available until further notice.
- Climbing Wall capacity will be limited to 6 patrons
 - No more than 3 climbers are allowed on the mats/wall at any given time.
- **Masks** must be worn by **all patrons and staff** when in the climbing gym whether climbing or not.
- Physical distancing is emphasized throughout the facility and patrons are **required to maintain a distance of 6 feet** between themselves and others at all times
- Members are highly encouraged to make on-line reservations for access to the climbing wall.
 - Reservations can be made at RecWell.unk.edu
 - Walk-up registration will be allowed to those who do not pre-register
 - Priority access is given to those who pre-register
- Climbing sessions will be limited to 55 minutes
 - Time limits will only be enforced if capacity is met and a waitlist occurs
- Patrons and staff must wash hands for a minimum of 20 seconds or use sanitizer before coming to the wall and upon leaving.
- Please be aware, due to the nature of climbing holds, we cannot sanitize holds in between use. We do not recommend you resume climbing if you or people in your social network are at a high risk for COVID.
- Sharing of chalk is not allowed in the gym, chalk balls are available for purchase in the wellness office during office hours 9:00am-5:00pm
- Climbing shoes must be worn in the climbing gym, no street shoes allowed on mats or wall.
 - If you do not have climbing shoes we have rental shoes you can use that get sanitized with a medical grade cleaner between uses.
 - If you bring your own climbing shoes 70% Isopropyl alcohol will be made available to sanitize the soles upon arrival.