
ATHLETICS AND RECREATIONAL SERVICES POLICY AND PROCEDURES

Title:	Athletics and Recreational Services Policy
Policy Number:	SA 11/08.2018
Effective Date:	September, 2018
Issuing Authority:	Office of the President

1. RATIONALE

This policy is meant to address the general guidelines that RHU athletes and gym attendants are to follow. It does not address every possible situation, and the athletics department with reference to the Student Affairs Office is able to implement rules for all sports in addition to these policies. RHU students are expected to follow all the guidelines in the athletics and recreational services policy and abide by the rules set.

2. POLICY

a) Varsity Teams:

- Abide by the rules set by the university
- Know the policies and rules of each sport and follow them
- Fill a form to join a team and participate in the try-outs
- Stick to the training sessions
- Always refer to the sports director (coach) if faced with any issue
- Always show sportsmanship
- Balance between education and sports
- Be a true team member by loving and supporting your teammates
- Achieve and maintain a 70% grade point average to stay on the team

b) Gymnasium:

- Fill a form to join the gym
- Be aware of the rules before accessing the gym
- Follow the instruction of the trainer/work-study assistant
- Wear sportswear
- Always have a small towel
- Return the equipment to its place
- Get the permission from the athletics department to use the gym

c) Recreation Center:

- Keep the room clean and organized
- Refrain from eating and drinking inside the room
- Pay attention to the tables and boards
- Follow the instructions of the supervisor

d) Athletic Fields:

- Maintain cleanliness and order
- Wear sportswear
- Return the items to the gymnasium
- Comply with the rules of the athletics department at all times

e) Lockers:

- Lockers are assigned to gym members by the coach at the beginning of each semester. Day-use lockers are available in the locker rooms at no cost.
- The lock remains the property of the Athletics and Recreational Services. The Athletics and Recreational Services are not responsible for items stored in locker. Weapons may not be stored in lockers.
- Do not leave anything hanging from your locker that would impede another person's access to their lock or locker. Do not leave unlaundered items in the locker that may create an odor.

f) Injuries:

- Exercising may cause conditions such as dizziness, light-headedness, disorientation, exhaustion or other signs/symptoms that put the exerciser at risk. If you experience any of these signs/symptoms, you should cease exercising immediately and contact the coach or the health services located in Block I.

g) Athletic Scholarship:

- Submit a form with references from coaches familiar with your abilities
- Meet the university admission requirements
- Prove your athletic abilities
- Maintain a good academic performance
- Each player will have to achieve a cumulative grade point average of 70% each semester so they can maintain the scholarship

h) Conduct:

The use of abusive or profane language will not be tolerated. Clothing that expresses any profane or bigoted messages will not be allowed. Recreational Services staff reserves the right to address any witnessed or reported concerns related to conduct or disruptive behavior. Disruptive behavior is not allowed and may result in membership suspension or termination.

Patrons participating in any program or utilizing any facility or service offered are expected to conduct themselves in a respectful and appropriate manner; any party violating this expectation subjects themselves to membership suspension or termination, or discontinuation of service or program. See the below list of prohibited general conduct:

- i. Conduct which is obscene or indecent.
- ii. Disrupting or obstructing a program or patrons utilizing the facilities or services.
- iii. Harassing any patron or staff during a program, in our facilities, or utilizing our services through unwanted conduct that causes reasonable fear for safety (e.g. stalking) or is sufficiently severe, pervasive and persistent that it interferes with the person's University experience or ability to participate in or benefit from University programs, services, or facilities.
- iv. Threatening physical abuse, intimidation, coercion or conduct which threatens or endangers the health or safety of others.

3. PROCEDURES

Failure to comply with the following policies and guidelines could result in, but are not limited to,

being asked to leave the facility, suspension of membership privileges, or being reported to the Student Affairs Office. Anything not covered in this document, but still violates the Code of Conduct or Student Handbook, could also warrant disciplinary action.

4. STAKEHOLDER IMPACT AND SCOPE

It is the responsibility of each athlete (student, staff, faculty, and team member) to familiarize themselves with the policies and procedures relevant to the athletics department, and execute their responsibilities in following the rules and maintaining a healthy environment.

5. RELATED DOCUMENTS

- a. University policies and procedures
- b. Athletics department rules
- c. Gym Membership Form
- d. Varsity Team Membership Form
- e. Athletic Scholarship Form

6. APPROVAL AND REVIEW

Approved by RHU Administrative Board on October 22, 2024