

# Attire Expectations

## Center for Physical Activity

In order to be engaged in physical activity and use equipment, an athletic top that covers the chest and an athletic bottom that covers the buttocks must be worn.

Closed toe, non-marking athletic/tennis shoes that are free from excessive dirt/debris are required unless permitted by a group fitness instructor/class format.

Not approved: jeans, pants with zippers, pants with rivets. Crocs, slides/sandals, flip flops, socks/bare feet are not permitted while working out. Spikes are not permitted on indoor track.

## Climbing Wall

Due to manufacturer warranties that prevent disinfectants from being used on harnesses in order to ensure the safety and longevity of the equipment, attire worn must create a barrier between skin and harness.

Closed toe shoes are required to use the climbing wall. Climbing shoes for the climbing wall are available for check-out at the Outdoor Adventure Center.

## CPA Pool

In order to enter the CPA pool, water-based attire/bathing suit material swimwear must be worn. Children who are not potty trained are required to wear a swim diaper under their swim attire.

# Health & Safety Expectations

- All members are **expected** to wipe down equipment before and are **required** to wipe down equipment after use.
- All members are **expected** to use a mat when using the floor/indoor turf for physical activity.
- All members are **expected** to cover open wounds in order to participate in campus recreation programs and services.
- Campus Recreation **requires** members that are visibly bleeding to refrain from participation/using equipment until the wound is covered. Clothing must be free of blood in order to resume participation.
- All members are **expected** to refrain from exposing their skin to equipment/floor/indoor turf and avoid contact sports/activities when they have infections that are contagious such as ringworm, staph, MRSA, impetigo, monkey pox, etc.
  - Members that suspect their skin infection is a result of participation in Campus Recreation programs and services should contact the **Director of Campus Recreation** and/or **ETSU Environmental Health & Safety**.
- All members **should** wash hands after working out.
- All members **should** shower before and after swimming.
- All members **should** wear shower shoes in locker rooms/showers.

East Tennessee State University assumes no responsibility for injuries received during campus recreation programs, events, or facilities. All members/participants are reminded that participation is entirely voluntary. Participants acknowledge the inherent risks associated with the activity and agree to hold harmless East Tennessee State University, the Department of Campus Recreation, its officers, agents, and employees from any and all liability, claims, actions, or causes of actions arising out of or related to any injury or illness, including death, that may be sustained, or to any loss or damage to property, whether caused by negligence or otherwise. Members/participants agree to assume any financial costs that may result from or arise from participation. It is strongly suggested that all members/participants have a physical examination and secure adequate medical insurance.