

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 or tennis shoes that are free from excessive dirt or debris are required, unless otherwise permitted by a group fitness instructor or class format.

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

Climbing Wall

Due to manufacturer warranties that prevent the use of disinfectants on harnesses, and to ensure both safety and equipment longevity, attire must create a barrier between the skin and the harness.

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

CPA Pool

To enter the CPA Pool, swimwear made of water-based or bathing suit material is required. Children who are not potty trained must wear a swim diaper under their swim attire.

Members should be mindful that the use of scented toiletries such as perfume, cologne, and essential oils can negatively impact the experience of others. Please be considerate of others by refraining from excessive use of these products before visiting the CPA and after showering/in the locker rooms.

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.

HEALTH & SAFETY EXPECTATIONS

- All members are **expected** to wipe down equipment before use and are **required** to wipe down equipment after use.
- All members are **expected** to use a mat when using the floor or 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 who are visibly bleeding to refrain from participation or 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, or indoor turf, and to avoid contact sports or activities when they have infections that are contagious—such as ringworm, staph, MRSA, impetigo, monkeypox, etc.
 - Members who 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 their hands after working out.
- All members **should** shower before and after swimming.
- All members **should** wear shower shoes in locker rooms and 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.