Huston Huffman Fitness Center Use Guide

The goal of the Fitness and Recreation Department is to encourage students, faculty, staff, and alumni, to compliment their life pursuits with the social and physical benefits of physical and recreational activities. In order to ensure a positive experience and safe environment for everyone, please review and follow the guidelines below.

General
1. Bring your valid University OneCard each time you visit. For security purposes, all invalid cards will not be accepted. Use of another person’s card will not be tolerated and may result in Student Code charges.
2. Members’ guests over the age of 18 may use the Huston Huffman Fitness Center for a nominal fee; guests must be accompanied by their sponsor member while they are in the facility.
3. Cups and bottles with lids and snacks such as nutrition bars or shakes are allowed in the facility.
4. All equipment must be checked out with a valid OneCard. Any lost or damaged equipment is subject to charge.
5. Personal Training is available through the Huston Huffman Fitness Center for a fee. Personal trainers not employed with Recreational Services are not allowed to train clients in the facility.
6. Areas of the facility may occasionally be closed for Intramurals, special events, maintenance, or cleaning.

Security
1. Fitness and Recreation is not responsible for lost or stolen items. Please report all thefts to the facility staff as well as OUPD.
2. Coin lockers and rental lockers are available. Locks will be provided by the facility for all rented lockers; personal locks will be removed. Please do not leave valuables unlocked/unattended. Staff members are not allowed to hold personal items for participants.
3. Lost and found items of value are kept at the Front Desk for a period of 1 month. Other items are left in a receptacle located by the locker rooms and will be held for a period of 1 week.
4. Please exit through the main entrance. All other doors are emergency exits and will sound an alarm throughout the facility.
5. In case of emergency, follow the direction of facility staff.
6. For the safety, security, and comfort of our members, please refrain from taking photos or video of the facility or members while in the facility. If you need to take photos or video, please complete a request form at the Front Desk.
7. Report any unusual activity to the facility staff.

Equipment Setups
1. Adjusting all equipment setups including volleyball, badminton and table tennis is prohibited. Doing so may lead to suspension of facility privileges. Please ask facility staff for assistance.
2. Report concerns about equipment to facility staff immediately.
3. Return all equipment to its proper location after use.
Child Policy

Members and guests must be 18 years of age or older to use the facility. Exceptions are granted to OU students and those participating in special events. Please obtain appropriate care for your child during your visits to the HHFC as they will not be able to stay in the building while you workout.

Children are allowed in the HHFC to participate in events organized for those under the age of 18, such as during summer camps. Children are also allowed as spectators for Intramural events on the courts with a supervising adult. For the safety of your child, children must stay with the event and not in other areas of the facility.

If bringing your child with you to workout is desirable for your family, you may wish to consider obtaining a membership with a facility that specializes in family fitness such as the YMCA on North Base or The Health Club located at 36th and Robinson.

Unsportsmanlike Conduct

Improper behavior including verbal, physical, mental abuse, sexual harassment, or other obscene gestures or actions will not be tolerated in the facility. Such conduct may result in suspension from the facility and/or other Student Code charges.

Clothing

1. Shirts that cover the back and midriff are required in all areas except the basketball courts, track, and climbing wall in which t-shirts are optional.
2. Indoor non-marking athletic shoes are required in all areas. Boots and sandals of any kind will not be allowed. Exceptions are to rehearsals and classes held in the group fitness rooms. For rehearsals, please contact the Front Desk about appropriate footwear.
3. For your safety and the safety of others, those with open toe casts will not be allowed to enter the free weight room.

General Court Rules

1. Dunking a basketball during play is allowed. Dunking any other type of ball is prohibited. Grabbing the net or hanging on the rim is not permitted.
2. The courts will operate with full court games. However, facility staff may deem it necessary to split games into half court at any given time.
3. The winning team on a court will remain on the court; the losing side rotates off. Please ensure that everyone has an opportunity to participate.
4. Only volleyballs should be used in a volleyball game.
5. If the volleyball court is unoccupied, half court basketball may be played. However, if two or more persons wish to play volleyball, those playing basketball must leave the court.
6. Outdoor sports (i.e. soccer, football, softball, and Frisbee) are not allowed in the facility.
7. Facility areas are designed for their intended use unless otherwise approved. To reserve space for special events, please contact the Front Desk.

Cardiovascular Equipment

1. Workouts should be limited to 45 minutes to enable all participants the opportunity to exercise.
2. For your protection, please use equipment as designed.
3. Please wipe down equipment after use.
4. Television channels on overhead TVs are set by the facility staff. Please do not change or adjust these settings. If you would like to put in a channel request, you may do so at the Front Desk.
Climbing wall
1. Climbing is not permitted without a Climbing Wall Attendant.
2. For your safety, follow all rules and instructions of the Climbing Wall Attendant.
3. All climbers must pass a belay check to belay at the HHFC climbing wall.
4. Belayers are responsible for the safety and security of their climbing partner and must check harness, belay set up, and figure 8 knot before climbing.
5. Climbers must use the provided belay devices and approved belay method.
6. Personal harness, chalk bags, and shoes are permitted.
7. Climbers may boulder up one move past the white line on climbing wall.

Weight Areas
1. Dumbbells are to be kept in the dumbbell areas.
2. All weight plates are to be kept in the free weight room.
3. Please do not move equipment to other rooms in the facility.
4. Benches are not to be used as steps.
5. All power lifts must be done in power rack.
6. Safety supports and collars must be used at all times.
7. Facility Attendants will not be allowed to spot; participants are encouraged to find their own spotter.
8. Return weights to horns and racks when finished.
9. Please wipe down equipment after use.
10. Weights should not be dropped, leaned against equipment, or banged together.
11. For your safety, please use equipment as designed.
12. Report any concerns about equipment to facility staff immediately.

Track
1. The direction of the track alternates daily. Monday, Wednesday, Friday, Saturday the track direction is clockwise, Tuesday, Thursday and Sunday the track direction is counterclockwise.
2. Please be courteous and observe runners/walkers around you. Allow them to pass when needed.
3. Slower walkers and runners need to stay to the outside lanes of the track. Faster runners have the inside lane.
4. Do not stand on the track to observe the basketball courts.
5. Please do not touch or alter the fans located in the track area.

Racquetball/Squash
1. Court reservations may be made up to 24 hours in advance by calling 325-3053 or in person at the Equipment Desk.
2. Protective eyewear is required in all racquetball and squash courts. Chemistry goggles are not considered appropriate protection for racquet sports. Please bring eyewear designed specifically for racquetball, check-out appropriate eyewear from the Equipment Desk, or purchase eyewear at the Front Desk.
3. Do not strike the walls or floors when the ball is not in play.
4. Racquetball Court #1 is the Challenge Court. Please follow challenge rules posted for this court.

Group Fitness Rooms
1. The equipment, including stereos, located in the room is for the OU Group Fitness program only.
2. Rooms may be reserved by student groups and individual students at the Front Desk. Please see the Front Desk attendant for reservation guidelines and a Facility Room Request Form.
3. Boxing, contact sports, stunts, tumbling, and wrestling are prohibited in the facility unless approved through a Space Reservation Request Form.

Please note. These guidelines and the spirit thereof are for the safety and security of members. Failure to abide by these guidelines could result in suspension from the facility and/or Student Code charges.

If you have any questions, please email them to ou.edu/FAR.

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