



# Sarkeys Fitness Center Member Guidelines

**[ou.edu/far](https://ou.edu/far)**

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The University of Oklahoma is an equal opportunity institution, [www.ou.edu/eoo](https://www.ou.edu/eoo).  
For reasonable accommodation, call (405) 325-3053.



## Sarkeys Fitness Center Facility Guidelines

The goal of the Fitness and Recreation Department is to provide diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university.

To ensure a positive experience and safe environment for everyone, please review and follow the guidelines for members below. These guidelines, and the spirit thereof, are for the safety and security of members. Failure to abide by posted guidelines and/or verbal instructions could result in suspension from the facility and/or disciplinary action by Student Conduct.

### General

1. A valid, working University Sooner Card ID is required for each visit. Acceptable forms of ID include your physical Sooner Card ID or the Sooner Card digital credential via mobile wallet. For security purposes, all invalid cards will not be accepted. This requirement is in place to protect the rights and interests of authorized users.
2. University Sooner Card IDs are not transferable. Use of another person's ID will result in the card being confiscated, and both the card owner and the person attempting to use the card, being suspended from the facility pending further review. Both offenders will be required to meet with a member of Professional Staff in order to have the card returned and access reinstated. Fitness and Recreation may file Student Conduct charges in response to fraudulent card use.
3. Members' guests over the age of 18 may use the Sarkeys Fitness Center (SFC) for a nominal fee; guests must be accompanied by a sponsor member while they are in the facility.
4. Cups and bottles with lids are allowed in the facility.
5. Please do not pour protein powder or other substances in drinking fountains or water bottle stations.
6. Please help keep the facility clean. Trash and recycling receptacles are available throughout the facility.
7. All equipment must be checked out with a valid Sooner Card ID and returned by the set due date. The person who checks out the equipment is responsible for its proper use and return.
8. Please use all equipment as designed. Equipment that is misused, abused, damaged, lost, or not returned may incur a charge to the person responsible for that equipment.
9. Personal training is available through Fitness and Recreation for a fee. Personal Trainers not employed with Fitness and Recreation are not allowed to train clients in the facility.
10. Areas of the facility may occasionally be closed for Intramural Sports, special events, maintenance, or cleaning.
11. Please store all personal belongings in designated storage areas. Belongings placed on equipment or in walkways may be removed by staff.
12. Please share space and equipment with other members. Members or groups who monopolize areas or equipment may be asked to disperse or allow others to work in with them.
13. Organizations who would like to reserve an area may request to do so by following the steps outlined on our website: <https://www.ou.edu/far/facilities/booking>
14. Out of respect for other members, please utilize headphones if you choose to listen to music during your workout.
15. Boxing, contact sports, stunts, tumbling, and wrestling are prohibited in the facility unless approved through a Space Reservation Request on the [OU Fit+Rec Member Portal](#).
16. Scooters, E-Scooters, and bicycles are prohibited from entering the facility.
17. Skateboards must be stored safely out of walkways. Riding a skateboard in the facilities is prohibited.

### Conduct and Etiquette

1. Improper behavior including verbal, physical, or 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 consequences as determined by the office of Student Conduct.
2. Be mindful of your surroundings, use equipment in a manner that will keep yourself and others safe, and share equipment with others during high usage times.

### 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. Daily use coin lockers and standard lockers are available for member use. Members can check out a lock from the Equipment Desk with their Sooner Card ID and use that lock for the day. These locks are for use on lockers located downstairs near the locker rooms, upstairs on the bridge, and available, day use lockers in the locker room. Locker room lockers are available to rent for an extended period at the Front Desk. Locks will be provided by the facility for all rented lockers; personal locks will be removed.
3. Please do not leave valuables unlocked/unattended. Staff members are not allowed to hold personal items for participants.

4. All lost and found items are kept at the front desk for a period of two weeks. After that time, items are considered abandoned property and enter the university disposal system.
5. Please exit through the main entrance. All other doors are emergency exits and will sound an alarm throughout the facility.
6. In case of emergency, follow the direction of facility staff.
7. For the safety, security, and comfort of members, please refrain from taking photos or videos of the facility or other members while in the facility. If you would like to take photos or video, please complete a request form at the front desk at least 48 business hours in advance.
8. For the safety, security, and comfort of other members, use of electronic devices is prohibited in the locker rooms.
9. Report any unusual activity to the facility staff.

### **Child Policy**

1. Members and guests must be 18 years of age or older to use the facility. Please obtain appropriate care for your child during your visits to the SFC as children are not permitted to stay in the building while you work out.
2. Children are allowed in the SFC to participate in events organized for those under the age of 18, such as summer camps.
3. Children are allowed as spectators for Intramural Sports events on the courts with a non-playing, supervising adult and the completion of the Intramural Guest/Spectator Waiver and Release of Liability form.
4. For the safety of your child, children must stay in the event's designated area and not in other areas of the facility.

### **Clothing**

1. Shirts that cover the back and midriff are strongly recommended in all areas of the facility to protect yourself and prevent against the spread of infections and diseases.
2. Indoor, non-marking, athletic, closed toe/heel shoes are required in all fitness and court areas. Boots and sandals of any kind are not permitted in fitness and court areas.
3. For your safety and the safety of others, those with open toe casts or medical boots will not be allowed to enter free weight areas.

### **Equipment Setups**

1. Adjusting all equipment setups including volleyball, badminton, and table tennis is prohibited. Please ask facility staff for assistance.
2. Report concerns about equipment to facility staff immediately. Members should not attempt to adjust or fix any equipment that is not working properly.
3. Return all equipment to its proper location after use.

### **Courts**

1. Dunking a basketball during play is allowed. Grabbing the net or hanging on the rim is not permitted.
2. The courts will operate with full court games. However, facility staff reserves the right 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. If a volleyball court is unoccupied, half-court basketball may be played. However, if two or more people wish to play volleyball, those unoccupied basketball must leave the court.
5. Outdoor sports (i.e. soccer, football, softball, Frisbee, etc.) are not allowed in the facility.
6. Placing any type of tape or marking material on the floor is prohibited. Any cost incurred due to damage to the flooring as a result may be passed on to the responsible party.
7. Facility areas are designed for their intended use unless otherwise approved. To reserve court space for special events, please contact the front desk at 405-325-3053 or email [fitrec@ou.edu](mailto:fitrec@ou.edu).

### **Track**

1. The direction of the track alternates daily. On Monday, Wednesday, Friday, and Saturday the track direction is counterclockwise; on Tuesday, Thursday, and Sunday the track direction is clockwise.
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 outer lanes of the track. Faster runners have the inside lane.
4. Please 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.

### **Weight Areas**

1. Please keep all weight plates, dumbbells, kettlebells, barbells, plyo boxes, etc. in their respective areas.
2. Please do not move equipment to other rooms in the facility.
3. Benches are not to be used as steps. Weight plates should not be stacked on top of plyo boxes.
4. All power lifts must be done in a power rack.

5. Weight should be lowered to the ground slowly, if possible. Please do not drop weight unnecessarily. Crash pads are available for lifts that may require floor protection.
6. Safety supports and collars must be used at all times.
7. Facility Attendants are not 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 leaned against equipment or banged together.
11. For your safety, please use equipment as designed.
12. Use the provided liquid chalk when needed. Loose chalk is not permitted.
13. The maximum load limit on all barbells is 600 pounds (645 including the bar).
14. Report any concerns about equipment to facility staff immediately.
15. Indoor, non-marking, athletic, closed-toe/heel shoes are required. Boots and sandals of any kind will not be allowed in weight areas.
16. Please share space and equipment with other members. Members or groups who monopolize areas or equipment may be asked to allow others to work in with them.

### **Climbing Wall**

1. When identified as open, bouldering is permitted at any time. Climbers may boulder up one move past the white line on the climbing wall.
2. Top-rope climbing is only permitted when a Climbing Wall Attendant is present.
3. Only Climbing Wall Staff are authorized to adjust, move, or remove holds.
4. For your safety, follow all rules and instructions posted in the Climbing Wall area, as well as those provided by the Climbing Wall Attendant.
5. All climbers must pass a belay test to belay at the SFC climbing wall.
6. Belayers are responsible for the safety and security of climbing partners and must check harnesses, belay setup, and figure-eight knot before climbing.
7. Climbers must use the provided belay devices and approved belay method to top rope climb.
8. Personal harnesses, chalk bags, and shoes are permitted. Personal climbing equipment is subject to inspection by staff. Use of personal equipment and the climbing wall in general is at the user's risk.
9. Closed-toe and heel shoes are required for climbing. Climbing shoes are available for rent at the front desk.

### **Cardiovascular Equipment**

1. For your protection, please use equipment as designed. Please use handles, not electronic consoles, to aid your balance. Excessive force should not be placed on the handles, as doing so may damage the equipment.
2. Please wipe down equipment after use.
3. Television channels on overhead TVs are set by the facility staff. Please do not change or adjust these settings. Channel requests can be made at the Equipment Desk.

### **Racquetball**

1. Courts are available for walk-up participants on a first come, first served basis.
2. Protective eyewear is required in all racquetball 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. Purposely striking racquets against walls, windows, doors, floors, or railings is prohibited.

### **FIT Studio**

1. The equipment located in the FIT Studio, including locked stereos, kicking bags, and mats, is for use during scheduled group fitness classes only.
2. Stereos can be checked out at the Equipment Desk for use in the FIT Studio.
3. The FIT Studio may be reserved by student groups and individual students online. Please inquire at the front desk for reservation guidelines and instructions for online space reservation requests through [OU Fit+Rec Member Portal](#).
4. Walk-ins are permitted to use the FIT Studio at the discretion of SFC staff. Please be aware that occasional interruptions, such as maintenance, may affect FIT Studio usage. Standard facility guidelines apply.
5. Boxing, contact sports, stunts, tumbling, and wrestling are prohibited in the facility unless approved through a space reservation request on [OU Fit+Rec Member Portal](#).
6. Online studio reservations must be made at least 3 days in advance.
7. Placing any type of tape or marking material on the floor is prohibited.
8. Non-marking athletic shoes or soft sole dancing shoes are required. Please no high heel or marking shoes.
9. Any cost incurred due to damage to the flooring as a result may be passed on to the responsible party.
10. For more information on FIT Studio use and reservations please consult the [Studio Space Guidelines](#).