

Rowenhorst Student Center

DeWitt Physical
Fitness Center

Community Membership
Handbook

2016-2017

*208 Eighth Street S.W.
Orange City, IA 51041*

712-707-7230

www.facebook.com/nwcfitness

PHILOSOPHY FOR USE OF FACILITIES

The Rowenhorst Student Center is an integral part of the total educational program at Northwestern College. That program was founded on a commitment to Christ as Lord of all of life. The RSC reflects that commitment by providing the opportunity for leisure time to be made profitable for Christian growth.

The DeWitt Fitness Center is designed primarily to serve the college community. The fitness center is available to the general public via community memberships. The community is advised that the facility can be busy at times with student functions that may limit the accessibility of areas within the RSC to the general public. This is especially true throughout the winter months. The RSC staff is committed to consistently seeking opportunities to improve the experience of all fitness center members and we look forward to serving you this membership year!

Activities scheduled within the RSC will be based on the following priorities:

1. Campus activities and programs (intramural leagues, dances, etc.)
2. Academic classes (physical education and general studies)
3. Student recreation
4. NWC intercollegiate athletic practice (only indoor track and tennis may host intercollegiate competitions in the RSC)
5. Community recreation
6. Community functions (most likely to be scheduled when students are not on campus)

This philosophy is the framework for all planning and scheduling within the Rowenhorst Student Center.

COMMUNITY MEMBERSHIPS

Full Day Memberships

Membership Fee: **\$220.00 for an individual**
\$440.00 for a family

- A. Family is defined as the spouse and any unmarried, dependent children under the age of 24.
- B. The membership entitles the holder to the full use of the facility during available hours and according to the policies and procedures outlined in the RSC Handbook. Included is the use of the basketball courts, racquetball courts, tennis courts, fitness area, track, game room, and Bomgaars Family Field.
- C. No charges for children 3 and under.
- D. A person must be at least 15 years old during the membership year to use the facility without adult supervision.
- E. A person must be at least 15 years old during the membership year to purchase a single membership.

A.M. Walker Membership

Membership Fee: **\$110.00 per person**

Valid Hours: 6:00 a.m. to Noon Monday to Friday
 8:00 a.m. to Noon Saturdays

- A. Membership entitles the holder to use the indoor track.
- B. Membership does not include use of the fitness area or racquetball courts.
- C. Hours are indicated above.

GUEST FEE

The RSC welcomes guests not currently active in our membership system for a daily fee. Guests of current members must pay the daily fee in order to use the facility.

Guests are required to register at the RSC Control Desk as they enter the facility. Guests must abide by the same policies as members.

Daily Guest Fee: \$8.00 (age 4 and above)

ACCESS AND ENTRANCE POLICIES

AGE REQUIREMENTS

For safety reasons, no one under the age of 15 may enter the RSC or Juffer Fieldhouse without an adult. Patrons under the age of 15 must be under the direct supervision of an adult at all times. Even under adult supervision, patrons under the age of 15 are not allowed in the fitness area.

ENTRY

All RSC members and guests must enter and exit the fitness center through the main entrance doors. “Sneaking” someone into the facility or misusing an ID card to get someone into the facility is a violation and may result in a suspension of membership without reimbursement.

ID CARDS

The RSC & Juffer Fieldhouse are controlled access facilities in order to ensure the safety of all patrons. All members must present their membership card in order to gain access to the facilities.

FACILITY RULES

GENERAL RULES

1. General rules are in effect in all areas of the RSC & Juffer Fieldhouse.
2. Individuals under the age of 15 must be under DIRECT adult supervision at all times when present in the facilities.
3. Facility users are required to present a current NWC ID or RSC membership card to gain access to the RSC and Juffer Fieldhouse.
4. Acceptable rules of conduct must be observed at all times.
5. No loitering is permitted.

FOUR COURT AREA RULES

1. Basketball courts may be designated half court during heavy usage periods.
2. No hanging on basketball rims.
3. No informal dunk contests.
4. Any outside/additional equipment or activity usage must be cleared through the staff on duty and/or the RSC Director.

FITNESS AREA RULES

1. Patrons must be at least 15 years of age to enter the fitness area.
2. Proper athletic attire must be worn. This includes t-shirts, shorts or sweatpants and closed toed/heeled shoes. No jeans, as hard points may

damage equipment. No mid-drift apparel (bottom of shirt must reach top of shorts/pants). No street shoes permitted.

3. All fitness equipment must remain in fitness area or stretch area.
4. All equipment must be returned to appropriate location. All weights must be re-racked.
5. All bars must remain within racks or benches or designated mat.
6. No personal equipment may be brought into or used in the fitness center. Safety equipment (i.e. weight lifting belts, gloves, or wrist straps) is permissible and encouraged.
7. No chalk is allowed in the fitness center.
8. Do not move or modify machines or equipment in any way. Use equipment in the intended manner and do not add more than recommended amount of weight to any piece of weight equipment.
9. Do not drop or bang weights. Maintain control while exercising.
10. Do not sit on the machines between sets.
11. Equipment must be wiped down after use with towel and disinfectant spray provided throughout the fitness area.
12. Please respect the facility, equipment, and staff. Be courteous and considerate of fellow fitness center users.
13. Use of unnecessary noises, obscenities, insulting language, swearing, or profanity is prohibited.

BOMGAARS FAMILY FIELD RULES

1. No food or drink of any kind is allowed on the turf. This includes gum, seeds, and water bottles.
2. Metal cleats are not allowed. All shoes used on turf must be carried into the facility.
3. Spitting is not allowed on the turf.
4. No hitting (no bats) by community members allowed in the facility. (Exception: whiffle ball may be played if the turf area is not busy. Plastic bats and balls only. The supervisor on duty will determine if whiffle ball may be played.)
5. Batting cages may be used for pitching/playing catch by community members ONLY when the turf area is full and use of the cages would make the turf safer for others.
6. Music via loud speakers is not allowed. Personal headsets must be used.
7. Any one group may only use up to one half of the fieldhouse at any given time.

The RSC Director reserves the right to modify the Member Handbook, policies, and rules as deemed necessary.

Any situation that is not covered by the Member Handbook will be dealt with in an appropriate manner by the RSC Director and/or NWC Administration.

GENERAL POLICIES

ACCESS

To enter the RSC or Juffer Fieldhouse, an individual must be a college member or a community member. Guests may use the facilities by purchasing a day pass.

ACTIVITIES

Activities Available: Basketball, badminton, handball, racquetball, wallyball, tennis, weight room/exercise machines, volleyball, running track and the game room (pool, table tennis, etc.). The RSC/Juffer staff has the right to restrict any activity in the facility that they deem inappropriate and/or unsafe.

AGE RESTRICTIONS

Family participation is encouraged. Children under age 15 must be accompanied by an adult and under the direct supervision of that adult when in the facility. A person must be at least 15 years old, during the membership year, to use the RSC/Juffer Fieldhouse as an adult. Exception: An older sibling, age 15-18, may bring and supervise younger siblings - but not other friends.

ANIMALS/PETS

Animals are not permitted to enter the RSC or Juffer Fieldhouse with the exception of guide dogs and service or signal animals.

ATTIRE

Proper athletic attire must be worn. This includes t-shirts, shorts or sweatpants and closed toed/heeled shoes. No jeans, as hard points may damage equipment. No mid-drift apparel (bottom of shirt must reach top of shorts/pants). No street shoes permitted.

AUDIO

Only personal sound systems with earphones are permitted in the facilities.

CLOSING TIME

We ask for members to observe the closing times for the facilities and to exit the buildings promptly at those times.

EQUIPMENT CHECK-OUT

Due to the demand on all the equipment and games, equipment may not be checked out for use outside of the facility.

The individual who checks out the equipment is responsible for the return, care, and replacement cost if the item is damaged or lost.

An ID card is required to be left at the desk and/or scanned in order to check out equipment.

INSTRUCTION

The use of facilities for the purpose of teaching private lessons must be approved in advance by the RSC Director. Guests arriving for a lesson must either be a member of the facility or pay the daily guest fee.

LOCKER ROOMS & LOCKERS

The RSC houses men's and women's locker rooms with shower facilities open to members at no charge.

RSC members have the option to rent and be assigned lockers and combination locks on a contract basis.

- Rental Lockers –
 - A number of rental lockers, in the locker rooms, are available on a first come, first served basis. You may rent a locker at the RSC Control Desk
 - Locker rentals expire at the end of each semester and summer. Lockers must be cleared at these times so the locker rooms may be properly cleaned.
 - Rental Fees - \$15 per semester/summer, or \$30 per year.
- Day-Use Lockers –
 - Daily (bring-your-own-lock) lockers are available for day-use, in the locker rooms. *WARNING: Daily lockers that contain items at the end of the day will have their locks cut and the contents bagged and stored for retrieval. A service fee will be assessed for the return of belongings.

LOSS OR THEFT

The RSC is not responsible for any personal items lost, damaged or stolen while in the facilities. Even when locked, valuables should not be left inside a locker. Members are encouraged to contact RSC/Juffer staff to report stolen items. It is strongly recommended that members not bring valuables into the facilities.

LOST & FOUND

Please give all items found within the RSC/Juffer Fieldhouse to a Control Desk. Items will be logged and stored for an appropriate time. All unclaimed items are donated to a charitable organization. The RSC is not responsible for lost items.

LOST ID CARD

The replacement fee for a lost ID card is \$10.00. Cards can be ordered at the RSC Control Desk.

PARKING

All members and guests of the RSC and Juffer Fieldhouse are welcome to park in the main RSC parking lot or Juffer parking lot free of charge.

We ask that you observe the "No Parking" hours from midnight to 6:00 a.m.

RACQUETS

Members are encouraged to supply their own racquets to use in the facility.

REFRESHMENTS

All food, drink, candy, and/or other snack items must be consumed in the RSC mall area. Chewing gum is not allowed in any portion of the fitness center. Plastic, non-breakable, leak proof drinking containers that hold water are allowed in the fitness center. This is the only exception to the refreshments policy. Food and drink are not allowed on Bomgaars Family Field.

SALES/ADVERTISING

No sales brochures, advertising (flyers, posters, signs, displays, banners, etc.) or outside promotional activities of any kind are allowed in the facilities unless pre-approved by the RSC Director or NWC Athletics Director.

SHOES

Soft-soled, non-marking shoes are required when using the fitness center. In order to maintain the cleanliness of the building, we ask that the shoes you intend to use be carried into the facilities.

SMOKING

The RSC and Juffer Fieldhouse are part of a smoke-free and tobacco-free campus. The college also prohibits the possession or use of alcoholic beverages or drugs on college property.

STROLLERS

Infant strollers are permitted on the indoor track. (Caution should be used to avoid busy times in the facility). Other items such as roller blades, skateboards, scooters, etc. are not permitted in the facilities.

HEALTH & SAFETY

MEDICAL EXAMINATION

It is strongly recommended that members and guests have a medical examination prior to utilizing the facilities.

INSURANCE

Individuals participate at their own risk. Individuals are encouraged to obtain adequate health and accident insurance prior to participating in any physical activity.

DANGEROUS ACTIVITY

Activity that is destructive or appears to be destructive or unsafe is prohibited. Any damages with result in retribution of repair costs and expenses related to

the destructive or dangerous act. Traditional outdoor sports will only be allowed in designated areas of the RSC, with prior approval. This includes football, Frisbee, baseball/softball, etc.

INJURIES

All injuries (minor and major) sustained within the facilities must be reported to the nearest staff member immediately. Please help us prevent injuries by reporting all unsafe conditions or equipment to a staff member immediately.

FIRE ALARM OR WEATHER EMERGENCY

If a fire alarm sounds, everyone must exit the facility immediately. During an evacuation, please remain calm and cooperate fully with staff.

In case of a weather emergency, you will be directed by facility staff. All patrons must follow the directions of facility staff. No one is allowed to remain in non-shelter areas during an emergency.

COURT RESERVATIONS

1. Reservations can be made for racquetball courts and outer multi-purpose courts by visiting or calling the RSC Control Desk. Reservations are for one hour per member.
2. A limited number of racquets for racquetball and tennis are available for use from the RSC Control Desk. It is best to supply your own equipment for tennis and racquetball.
3. Protective eyewear is recommended in the racquetball courts for your own protection.
4. Please do not use black racquetballs or tennis racquets in the racquetball courts.
5. Tennis reservations, Monday to Friday from 3:00 PM to 6:30 PM may be affected/cancelled by the weather should athletic practice move inside. Please call ahead on bad weather days to confirm your reservation.

FACILITY HOURS

Rowenhorst Student Center (RSC)

During the academic year, when our students are on campus, the RSC is normally open:

5:30 a.m. to 11:30 p.m., Monday to Friday

8:00 a.m. to 11:30 p.m., Saturday

1:00 p.m. to 11:30 p.m., Sunday

During the college breaks for holidays, etc. the RSC is normally open:

6:00 a.m. to 10:00 p.m., Monday to Friday

8:00 a.m. to 8:00 p.m., Saturdays

1:00 p.m. to 6:00 p.m., Sundays

During the summer the RSC is normally open:

6:00 a.m. to 8:00 p.m., Monday and Wednesday

8:00 a.m. to 8:00 p.m., Tuesday and Thursday

6:00 a.m. to 5:00 p.m., Friday

8:00 a.m. to 12:00 p.m., Saturday

Juffer Athletic Fieldhouse

Juffer Fieldhouse is open limited weekday and weekend hours while school is in session. Check our Facebook page - www.facebook.com/jufferfieldhouse for updated hours and announcements.

OFFICES HOUSED WITHIN THE RSC

Housed within the Rowenhorst Student Center you will find a number of offices and services. It is best to contact these places directly to determine their hours.

RSC Control Desk	707-7230
RSC Director	707-7270
Campus Wellness	707-7321
Bookstore	707-7195
Mailroom	707-7198
The Hub (snack bar)	707-7477
Athletic Office	707-7280

SPECIAL EVENTS

The facilities within the RSC and Juffer Fieldhouse are available for use by community groups according to established guidelines. The RSC and Juffer Fieldhouse have been used for such events as family reunions, church activity nights, birthday parties, receptions, etc. For further information and fees contact the RSC Director (707-7270).

COMMENTS/SUGGESTIONS

Members wishing to express a concern, suggest an improved service or praise an employee are strongly encouraged to speak to an RSC staff member and/or email the RSC Director at allison.cahill@nwcsiowa.edu.

To: DeWitt Fitness Center Member
From: Allison Cahill, RSC Director
Re: Welcome!

Membership Cards

Thank you for becoming a member to the DeWitt Physical Fitness Center. Each member is assigned a membership key fob card. Cards are issued to individuals. Please bring your card with you to the facility; it is your identification as a member and our staff's way of keeping our facility safe and secure. Please report lost or stolen cards to the RSC Desk. Replacement cards cost \$10.00.

Follow us Online

The Rowenhorst Student Center – DeWitt Physical Fitness Center is on Facebook! Please “Like” our page to get updates on court availability, events, hours, and more! We encourage you to use the Facebook page to connect with other members as well! You can find us a www.facebook.com/nwcfitness.

For information regarding Juffer Athletic Fieldhouse, you can find us at www.facebook.com/jufferfieldhouse.

Thank you!

We hope you enjoy the use of this great facility. Please review the RSC Community Membership Handbook to familiarize yourself with the policies and procedures for using the facility. The RSC & Juffer Staff look forward to serving you this year!