



## **HOLY FAMILY UNIVERSITY GENERAL FACILITY RULES FOR ATHLETICS AREAS**

### **1. Facilities Usage and Rental Rules**

1. Requests for use of facilities from outside organizations will be considered on an individual basis and must go through the Associate Director of Athletics for Daily Operations (ADO). If approved, all requests will go by the *Facility Usage by Outside Groups Policy*.
2. Internal Groups requesting use of the gym and athletic field must also go through the ADO and will be approved upon an availability and feasibility basis.
3. Only persons in possession of a valid Holy Family I.D. cards are permitted the use of the athletic gymnasium and facilities. If the gym and athletic field are not reserved, it is considered open and anyone with valid HFU ID is allowed to utilize it.
4. Persons using the athletic gym facilities must wear light-soled sneakers and appropriate activity attire.

### **2. Gymnasium & Athletic Field**

1. Use of the gym for recreational time will be 6a.m. to 11:00 p.m., Monday through Sunday. The Athletic Field will be open 7 a.m. - 10 p.m. Monday through Sunday.
2. Preferential scheduling will be extended to athletic teams and special events.
3. The coach or designated person must supervise practice for Holy Family athletic teams.
4. Non-students, staff or faculty are not permitted to use the gymnasium or athletic field.
5. The gym and athletic field will not be available for use by students while athletic team practice is in session or if they have been booked for a special event.

### **3. Locker Room**

1. Individual lockers (without locks) are available for those persons using the athletic facilities.
2. Individuals must utilize University provided locks. Locks that are not registered and are left on the locker overnight will be cut off.
3. Team lockers will be assigned at the discretion of the Director of Athletics or his or her designee.
4. It is the responsibility of all coaches and student-athletes to maintain the condition of the team lockers and the cleanliness of the team locker room.
5. Following the conclusion of a team's season, all signs, tape, and personal items are to be removed from the team locker room and lockers are to be brought back to original condition. Any items left in the team locker room will be discarded.

### **4. Athletic Training Facility**

The Athletic Training office is reserved for the use of Holy Family University athletic teams, and is supervised by the Certified Head Athletic Trainer or persons delegated by the Director of Athletics.

### **5. Fitness Center**

The Fitness Center is located in the Campus Center on Holy Family University's Northeast Philadelphia Campus. The facility is divided between two floors. One floor is dedicated to cardio equipment, lighter free weights and some accessory weight lifting machines. The other is dedicated to weight training and contains more advanced free weights, squat racks, bench press, and accessory weight lifting machines. Each area is outfitted with equipment and is designed to meet the workout needs of all fitness levels. The Fitness Center is staffed by work study students and they are available to provide instruction on how to use the equipment. **Shirts and appropriate shoes are required at all times in the fitness center.**

Fitness Center Hours: 6 a.m. – 12 a.m.

**NOTE: TELEPHONE CONVERSATIONS ARE NOT PERMITTED IN THE FITNESS CENTER**