

In an effort to provide a safe and welcoming environment for all patrons, reduce the risk of bacterial/virus transmission, and prolong the life of exercise equipment, RecSports has a dress code for the fitness area and promotes the consistent enforcement of it. It is not the intent of this dress code to turn anyone away from the facility. However, it is important for patrons and RecSports staff to have policies that are uniformly enforceable. There has always been an attire policy but was not "understood" or not clearly defined. The following bulleted reasoning and research helped develop this policy:

- Tops that cover the mid-section and majority of chest/back area prevent MRSA, ringworm, etc. from being passed from skin to pad/mat contact (even though you should clean your machines after use, unfortunately not everyone does).
- Excessive altered shirts contribute to excessive sweat and moisture, which can damage equipment and contribute to virus transmission.
- Unacceptable bottoms include slacks, khakis, cut-offs, jeans, cargo pants or cargo shorts, excessively small shorts for example volleyball spandex shorts. Again, this has to do with the type of activity being performed and protecting equipment from tears. Keeping limited skin to pad/mat contact in effort to prevent MRSA, ringworm, etc...
- Research and surveys indicate that people are reluctant to begin an exercise program or enter a recreational fitness center if they are intimidated within the environment. We operate under a philosophy of creating a safe and welcoming environment for all members and patrons.
- Shoes protect the feet from equipment that may be dropped accidentally.
- Wearing athletic style shoes prevents slipping.
- Backless shoes can easily slip off.
- Shoes that do not cover the forefoot do not protect the entire foot from injury.
- In some Group Fitness formats participants may be asked to remove footwear for the safety of the participant (Yoga, Pilates, etc.).

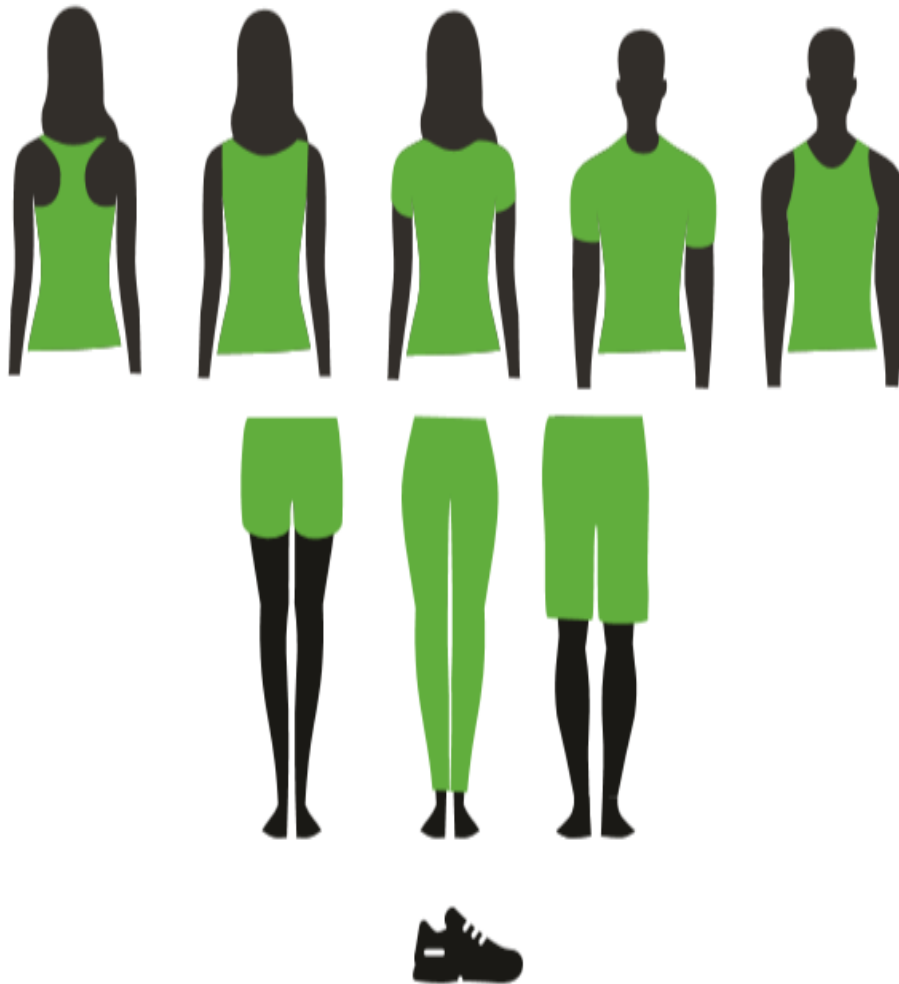
Use of this facility is considered a privilege. Individuals not complying with the established procedures may be asked to leave the facility and/or be subject to departmental and/or campus disciplinary procedures.

DISCLAIMER: Illustrations displayed are ONLY to be used as a reference to have an idea of what to wear and not to wear.

HPC Dress Code



APPROVED ATTIRE



Clean, appropriate athletic attire covering the chest, midsection and buttocks
Shorts covering the gluteal fold • Athletic-style shoes protecting the entire foot
In some group fitness formats, participants may be asked to remove footwear

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PLEASE DO NOT WEAR



No cut-off / crop tops • No open back tank tops • No transparent pants • No jeans, slacks, khakis, cut-offs, cargo pants/shorts, excessively small shorts that show gluteal fold (i.e. volleyball spandex shorts) • No sandals, flip flops, open-toed shoes, socks only or bare feet