In an effort to provide a safe and welcoming environment for all patrons, reduce the risk of bacterial/virus transmission, further mitigate risk, consistent enforcement, and prolong the life of exercise equipment, RecSports has made an effort to be clearer about the dress code. It is not the intent of these updates to turn anyone away from the facility. However, it is important for patrons and RecSports staff to have policies that are uniformly enforceable. We've always had an attire policy, but it was more “understood” and not clearly defined.

- 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.