The RECREATION CENTER’S primary safety resources are the American College of Sports Medicine (ACSM) Health/Fitness Facility Standards and Guidelines, and the National Intramural Recreational Sports Association (NIRSA) Risk Management Manual for Sport & Recreation Organizations. ACSM standards represent the standard of care that must apply to all health and fitness facilities. ACSM guidelines set forth design considerations and operating procedures that enhance service to customers. The NIRSA manual is designed around the principles that risk of injury is inherent to physical activity, that it is possible to minimize risk, and that safety is everybody’s concern.

OPERATING STANDARDS

The RECREATION CENTER’S primary safety resources are the American College of Sports Medicine (ACSM) Health/Fitness Facility Standards and Guidelines, and the National Intramural Recreational Sports Association (NIRSA) Risk Management Manual for Sport & Recreation Organizations. ACSM standards represent the standard of care that must apply to all health and fitness facilities. ACSM guidelines set forth design considerations and operating procedures that enhance service to customers. The NIRSA manual is designed around the principles that risk of injury is inherent to physical activity, that it is possible to minimize risk, and that safety is everybody’s concern.

SPECIAL CERTIFICATIONS

Recreation Center employees, from the director to the newly hired freshman lifeguard, are required to be trained, certified, knowledgeable and prepared to respond to an emergency in the manner appropriate to the position held. Building supervisors, fitness instructors & lifeguards (LG) are trained & certified annually in the performance of cardio pulmonary resuscitation (CPR). Full-time staff also receive annual training in proper procedures for dealing with bloodborne pathogens & hazardous substances. A Bloodborne Pathogens Exposure Control Plan (ECP) that is specific to the Rec Center & complies with OSHA & MISHA standards has been written & implemented. This document is reviewed & updated biaennially & all staff attend in-service training sessions covering changes in protocol annually.

AUTOMATIC EXTERNAL DEFRIBRILLATORS (AED)

Nine full-time Rec Center staff members have been trained in the use of AED devices which analyze heart rhythms & deliver an electric shock when an abnormal, life-threatening rhythm might be corrected by such a shock. Two AEDs are housed in the Rec Center, ready for use by trained staff members, one of whom is always on duty when the Rec Center is open.

PERSONAL TRAINING AND FITNESS INSTRUCTORS

Our personal trainers are trained & certified by the American Council on Exercise (ACE) & CrossFit. Fitness instructors are required to have certification by the Aerobics and Fitness Association of America (AFAA), or equivalent, along with current CPR certification. Personal trainers & fitness instructors receive periodic retraining & re-certification to ensure that they're up-to-date & knowledgeable regarding current research & health trends in health & fitness.

PREVENTIVE MAINTENANCE

All exercise equipment, including cardio equipment, free weights & weight machines, is carefully researched & scrutinized for safety, as well as efficacy, before purchase/lease agreement, & installation. All equipment is regularly inspected & any unit that might present even a minor danger is taken out of service.

SWIMMING POOL INSPECTION & MAINTENANCE

Swimming pool operations are supervised by four Rec Center professionals who are trained & have earned Certified Pool Operator status awarded by the National Swimming Pool Foundation and Aquatic Facility Operator certification attained under the auspices of the National Park & Recreation Association. The pool is inspected twice annually by the Genesee County Health Department & tested several times daily by Rec Center professionals & lifeguards to ensure that health & water quality standards are maintained. The swimming pool & spa receive special cleaning weekdays from 9-11 a.m., in addition to automatic cleaners which work throughout the night.

LIFEGUARDS

Any time the swimming pool & spa are open, members & guests are carefully & constantly observed by American Red Cross (ARC) trained & certified lifeguards. Lifeguards are equipped with two-way radios, an emergency telephone, rescue equipment, a well-stocked first aid kit & the knowledge that additional professional help is just seconds away. Lifeguards are required to maintain skills in CPR/AED, first aid & water rescue. They must pass a water readiness test & receive site-specific training before they are assigned to lifeguard shifts. Lifeguards participate in periodic in-service training sessions to keep their skills honed.

EMERGENCY PROCEDURES

The Rec Center staff works closely with the U.M-Flint Department of Environment, Health & Safety & the Department of Public Safety to ensure that all appropriate standards, policies & procedures are met & followed. Emergency drills, including fire & storm, backboarding & emergency building evacuation are planned, implemented, critiqued & fine-tuned on a regular basis. Successful collaborative efforts pay off in terms of safety on a daily basis. Health & fitness can’t be achieved without attention to safety. All staffers are concerned with working safely for the benefit of guests & visitors, & all are involved in & committed to the standards, guidelines, protocols, training, certifications & continuing education which are indicative of the tradition of excellence associated with the University of Michigan.

Theresa Landis, Director
Gary Parr, Associate Director
Steffanie Anderson, Customer Service Specialist
Debra Collins, Customer Service Specialist
Amy Cloininger, Business Information Manager
Jo Ann Ford, Marketing and Design Coordinator
Ervin Leavy, Jr., Assistant Director for Intramural Sports
Chris Cloininger, Assistant Director for Facility Management
Jessica Vierthiboeck, Assistant Director for Fitness
Denise Bowles & Alicia Jones, Facilities Assistants

Like us on Facebook  Follow us on Instagram

VISIT OUR WEBSITE! FlintRec.com

Opt-In for Important Notifications Go to FlintRec.com and at the bottom of the landing page is an opt-in link for Facebook or e-mail updates. We promise—no junk!

The University of Michigan-Flint is a smoke-free campus.

Children’s Policies—

All guests 16 years of age or older must provide photo identification to enter the Recreation Center.

All guests under the age of 16 must be accompanied, each visit, by a parent or authorized adult.

Children under the age of 16 may not enter the building, and directly supervise those who are 13-17 years of age in designated areas (track, weight room, Cybex® area, cardio room, whirlpool spa). Children 12 years of age and under are not allowed to participate or walk by the track area, gym courts, weight rooms, Cybex® area, cardio room or whirlpool spa while parents/authorized adults play. They must be directly supervised at all times.

*Authorized adult as defined by the University of Michigan’s EXCLUSION ON CAMPUS Your Party Guidelines and Acknowledgement of Responsibilities

Children’s Policies—

All guests 16 years of age or older must provide photo identification to enter the Recreation Center.

All guests under the age of 16 must be accompanied, each visit, by a parent or authorized adult.

Children under the age of 16 may not enter the building, and directly supervise those who are 13-17 years of age in designated areas (track, weight room, Cybex® area, cardio room, whirlpool spa). Children 12 years of age and under are not allowed to participate or walk by the track area, gym courts, weight rooms, Cybex® area, cardio room or whirlpool spa while parents/authorized adults play. They must be directly supervised at all times.

*Authorized adult as defined by the University of Michigan’s EXCLUSION ON CAMPUS Your Party Guidelines and Acknowledgement of Responsibilities

Children’s Policies—

All guests 16 years of age or older must provide photo identification to enter the Recreation Center.

All guests under the age of 16 must be accompanied, each visit, by a parent or authorized adult.

Children under the age of 16 may not enter the building, and directly supervise those who are 13-17 years of age in designated areas (track, weight room, Cybex® area, cardio room, whirlpool spa). Children 12 years of age and under are not allowed to participate or walk by the track area, gym courts, weight rooms, Cybex® area, cardio room or whirlpool spa while parents/authorized adults play. They must be directly supervised at all times.

*Authorized adult as defined by the University of Michigan’s EXCLUSION ON CAMPUS Your Party Guidelines and Acknowledgement of Responsibilities

Visit www.umflint.edu/reccenter/minors-campus for the UM Children on campus policy guidelines for third party use of facilities.
PERSONAL TRAINERS AND COACHES

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contractual arrangements & have the RAC approval. The RAC reserves the right to review the contracts of all personal trainers or coaches. The RAC reserves the right to ensure that personal trainers or coaches are contracted & paid in a manner that is compliant with applicable law & regulations.

PERSONAL TRAINERS OR COACHES

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contractual arrangements & have the RAC approval. The RAC reserves the right to review the contracts of all personal trainers or coaches. The RAC reserves the right to ensure that personal trainers or coaches are contracted & paid in a manner that is compliant with applicable law & regulations.

PERSONAL TRAINERS OR COACHES

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contractual arrangements & have the RAC approval. The RAC reserves the right to review the contracts of all personal trainers or coaches. The RAC reserves the right to ensure that personal trainers or coaches are contracted & paid in a manner that is compliant with applicable law & regulations.

PERSONAL TRAINERS OR COACHES

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contractual arrangements & have the RAC approval. The RAC reserves the right to review the contracts of all personal trainers or coaches. The RAC reserves the right to ensure that personal trainers or coaches are contracted & paid in a manner that is compliant with applicable law & regulations.

PERSONAL TRAINERS OR COACHES

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contact the Recreational Services Administration. Some of the factors influencing the decision on whether to grant a personal trainer or coaching contract will include:

- Adherence to Recreational Services Administration policies & procedures.
- The ability to provide services to a diverse population.
- The possession of appropriate certifications or licenses.
- The ability to meet the physical demands of the service.
- The availability of sufficient space & equipment to provide the service.

The University of Michigan-Flint is a state-funded institution & our buildings & resources may not be used for private/individual monetary benefit. Individuals who want to provide personal training or coaching service must contractual arrangements & have the RAC approval. The RAC reserves the right to review the contracts of all personal trainers or coaches. The RAC reserves the right to ensure that personal trainers or coaches are contracted & paid in a manner that is compliant with applicable law & regulations.
Membership Policy

IDENTIFICATION FOR CHECK-in for MEMBERS & UM-Flint STUDENTS

Membership Terms

**Background Check Requirements and Scope:** Non-university organizations & entities that use university facilities to operate programs or activities involving children must conduct criminal background checks of all employees & volunteers who request any additional information it deems necessary to meet the requirements of this policy.

*Authorized Adult or Program Staff:* As defined as individuals, paid or unpaid, who interact with children for the purposes of supervision, treatment, or otherwise oversee minors in program activities. This includes, but is not limited to faculty, staff, volunteers, graduate & undergraduate students, interns, employees of temporary or frequent worktime services, independent contractors, & consultants.

**On-site Special Events:**

During camps and other special events, various activity spaces may become unavailable for members, students & others to use. Schedules will be posted notifying members, students & day pass patrons.

Membership Policy

- Must present a valid MCard ID. Keys may not be left at the front counter as identification for or for safekeeping.
- A $2 forgotten ID pass must be purchased each time a member or UM-Flint student forgets their MCard for check-in. In addition, same form of picture ID will be required in order to verify you are the person requesting access.
- A $10 fee will be assessed for lost MCards. Forgotten ID fees may not be applied to the purchase of a new MCard.

**Eligible Member Definitions**

- UM-Flint Student: Any undergraduate or graduate student (full or part-time) who is enrolled in the current semester at a University of Michigan-Flint member can extend eligibility to their household members.
- UM-Flint Faculty/Staff: 50% appointment or greater: Any University of Michigan employee, with current appointment of 50% or greater must be eligible.