



## CAMPUS RECREATION INDIANA STATE UNIVERSITY

### Face Coverings at the Rec

All members and staff are required to wear a face covering while using the Student Recreation Center. Here is some additional information to help you prepare for your visit to the SRC:

- Everyone eight years of age and older must wear a face covering while in the Student Recreation Center.
- Face coverings are required inside the Student Recreation Center unless you are swimming or actively working out on a piece of *cardio equipment*. Face coverings must be worn when moving to your next workout station and around the SRC.
- Face coverings are required when entering and exiting our pool area and when walking the pool deck. Face coverings must be removed prior to entering the water.
- Group Exercise classes have been moved to accommodate social distancing measures. Due to the nature of our Yoga classes, Yoga will take place in the Group Exercise Studio and masks will be required at all times.

### Face Coverings requirements overview

#### Satellite Areas/Fitness Center and Weight Room

In our Satellite Areas/Fitness Center and Weight Room area, face coverings are required except when actively working out on a piece of *cardio equipment*. You must put your face covering back on before moving to your next workout station or around the SRC.

#### Indoor Track

You must wear a face covering when using the indoor track since social distancing cannot be properly maintained when walking or running. If wearing a face covering is incompatible, we encourage you to use the outdoor track or treadmill in the Fitness Center.

#### Group Exercise Classes

Group Exercise classes have been moved from the Group Exercise Studios to the Multi-Activity Court to adhere to social distancing measures. For Group Exercise classes, you must wear your mask until you are positioned in the class maintaining social distancing. We encourage members to wait until the instructor removes their mask as a way to signify when it is safe to remove your mask. Yoga will be held in the Group Exercise Studio, face coverings are required to be worn at all times in this class. Going to/from classes and throughout the rest of the Student Recreation Center, face coverings are required.

#### Open Recreation

You must wear a mask while participating in open recreation, such as Basketball, Pickleball, Badminton, Volleyball, and Table Tennis inside the SRC.



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### Aquatics

Members are required to wear face coverings to and from the pool and when walking the pool deck. Face coverings must be removed once entering the water even if you do not plan on submerging your head. A face covering poses a drowning risk if someone were to pass out or fall ill and unexpectedly be submerged.

Lifeguards are required to wear masks while on the pool deck but must remove them if they enter the water due to an emergency.

### Locker Rooms/Showers

Members must wear face coverings while using the locker rooms. Face coverings may only be removed while in the shower.

*Face covering exemptions must be registered with [Disability Student Services](#).*