The DSU Wellness and Recreation Center began full operation Aug. 31, 2009. The facility is available free of charge to all enrolled full- and part-time students and to faculty, staff and graduate students for a modest fee.

**The Center includes:**

- Juice Bar
- Two 85-foot Basketball/Volleyball Courts
- 2,470-square-foot Dance/Multipurpose Room
- Men’s, Women’s and Family Locker Rooms
- 10,760-square-foot Weight Room
- 1/8-mile Jogging Track
- 1,230-square-foot Aerobics Room
- Recreational Pool
  - 10,682 Square Feet
  - 3 Lap Lanes
  - Interpool Bench with Jets
  - 4 Interpool Basketball Hoops
- Additional Outside Recreational Area
  - 3 Basketball Courts
  - Bleachers to Hold 200
  - Scoreboard
  - Lights
  - Audio

Operational hours are 6:00 a.m.–11:00 p.m. For more information and/or to take advantage of the various amenities, please stop by the Wellness and Recreation Center today or call 302.857.6495.
Mission

The Wellness and Recreation Center (WRC) promotes healthy lifestyle choices, encourages a holistic philosophy and balance to life, and combines a pro-active, positive approach to healthy living, emphasizing the whole person. Our mission is to assist students and the general community in maintaining a high level of wellness so that they might more readily achieve their academic and professional goals. Additionally, the Center will provide recreational activities and programming that strengthen the campus community.

Amenities

Your membership admits you into the facility and allows you to use all available equipment and facilities during posted recreation times including:

- Walking or jogging on the indoor track
- Use of all cardio and fitness equipment, including treadmills, elliptical, stationary bikes, free weights and selectorized weights
- Participation in open recreation activities, including pick-up basketball, volleyball, badminton, indoor soccer and more
- Use of the locker rooms
- Equipment checkout
- Ability to sponsor guests to use the facility. (Fees and other restrictions apply. See a WRC representative for more information).
- Lap and recreational swim in the recreation pool (available October 2009)
Member Information

Hours of Operation
Daily 6:00 a.m.–11:00 p.m.

- Must complete regular membership application at the WRC
- Members will be asked to provide input on experience using the facility

Community Hours
Oct. 2 through Dec. 18, 2009, 6:00 a.m.–10:00 a.m. and 3:30 p.m.–7:30 p.m. daily

NOTE: WRC is closed on official campus holidays and closings.

Membership Fees
The membership fees are among the lowest for the services offered in similar facilities. A cost comparison was done of gyms and fitness centers across the state. We also looked at the rates charged by other universities for similar programs and services.

Full- and Part-Time Undergraduate Students
All actively-enrolled Delaware State University full- and part-time undergraduate students have free access to the WRC. Students who have not previously completed an application will be required to do so at the WRC.

Guest Passes
One $10 daily guest pass can be purchased by any student, faculty, staff or adult family member who has a WRC membership. The WRC member is required to accompany the guest at all times while in the WRC. Guest passes cannot be utilized for participation in any group fitness or special event programming.

A limited number of additional guest passes may be purchased during Homecoming and other special events as advertised by the University. The University reserves the right to limit the total number of guest passes per event.
Member Information (Continued)

Membership Eligibility
All memberships are subject to proof of affiliation, confirmation of employment or proof of enrollment. Memberships will remain pending until payment is received, proof of membership eligibility is confirmed and all required documents are complete. All members are required to sign a membership agreement before using the facility.

DSU Students (Undergraduate)
- Membership to the WRC is automatically granted to all enrolled full-time and part-time undergraduate Delaware State University students.
- Individual must be recognized by the Office of the University Registrar as an enrolled student as determined by Delaware State University. For eligibility questions, contact the Office of the University Registrar at 302.857.6379.
- Membership is granted for the current enrolled semester only (see Membership Plans, Renewals and Periods).
- If your enrollment status ends at any time, your membership to the WRC will be terminated, as well as any spouse or dependent memberships on your account. You may be eligible to purchase a membership under a different Delaware State University affiliation.

Faculty/Staff/Graduate Students
- Membership applications for the WRC can be obtained at the WRC. Faculty/staff who are WRC members are eligible to sponsor memberships for a spouse or dependents.
- Individual must be recognized by the Office of Human Resources at Delaware State University as current faculty/staff or graduate student (full-time or part-time). For eligibility questions, contact the Office of Human Resources at 302.857.6261.
- If you are faculty, staff or a graduate student, that is your primary affiliation with Delaware State University and how you will be classified for WRC membership, even if you are taking classes part time or are an alumnus of the University.
- If your status as a faculty/staff or graduate student ends, your membership to the WRC will be terminated, as well as any spouse or dependent memberships on your account. You may be eligible to purchase a membership under a different Delaware State University affiliation.
- The following Delaware State University affiliations are eligible for a faculty/staff membership: emeritus professor, retired employee, trustee, visiting scholar/research fellow. 
  Note: If your DSU affiliation is not listed above and you are interested in purchasing a membership, please contact the WRC membership staff for eligibility verification.
Dependent Memberships

- Memberships are intended for spouses and/or dependents (18–25 years old) of current WRC members. In order to qualify as a:
  - Spouse—You must be married as defined by the State of Delaware.
  - Dependent—You must be recognized as a legal dependent by the State of Delaware.

- Registration for membership must occur through the primary DSU affiliate.

- The Department of Wellness and Recreation reserves the right to require proof of dependency as per DSU guidelines.

- Dependent memberships are automatically terminated if the primary Delaware State University affiliate is no longer a member.

- Persons 26 and older who are not a DSU student, employee or directly affiliated with Delaware State University are not eligible for membership as a dependent.

- Parent or legal guardian must sign a Membership Agreement for dependents prior to the first use of the facility.

- Providing access to dependents other than those listed on your plan is not permitted.

- Dependents may use the facility in accordance with all DSU policies and regulations.

Picture ID Cards

A strict ID policy is enforced when entering the WRC. Members must swipe and display their picture ID card to gain access to the WRC. The picture ID card identifies your primary affiliation with Delaware State University. A $50 fee is assessed for replacing the picture ID card if it has been lost, stolen or damaged.

**Full-Time Students:** Your existing DSU Picture ID Card (when activated) will allow you access to the WRC.

**Part-Time Students:** Your existing DSU Picture ID Card (when activated) will allow you access to the WRC.

**Faculty/Staff/Graduate Student:** Your existing DSU Picture ID Card (when activated) will allow you access to the WRC once you purchase a membership. If your card has been lost or stolen, you may only obtain a new DSU Picture ID Card through the ID office in the Administration building.

**Spouses:** If you have never been issued a DSU Picture ID Card, you will be issued one through the ID office in the Administration building.

**Dependents:** Access to the facility will be granted only when entering the facility with your parent or legal guardian. Parents must check in at the membership desk to provide their dependents access. Parents may not swipe in their dependents using their DSU Picture ID Card. Dependents Age 18–25 will be issued a special picture ID Card through the ID office in the Administration building.

**Community:** Community members will be issued a special picture ID card through the ID office in the administration building.
Rules & Regulations

The following rules and regulations governing the use of all facilities utilized by the Department of Wellness & Recreation have been created to provide equal opportunity and protect the rights of each participant. As a member of the University community, you have a responsibility to understand and abide by these guidelines. To ensure everyone’s safety, Wellness & Recreation staff will enforce the usage guidelines and other posted regulations. Failure to abide by these rules and regulations may result in modified or revoked membership privileges as determined by the director of Wellness & Recreation. Contents within this document are subject to change without notice.

Behavioral Expectations

Use of Delaware State University facilities is a privilege, and participants are expected to be good citizens and to respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to Wellness & Recreation activities revoked or modified indefinitely.

Parking

Parking for the WRC is in Lot 3. For more information or to obtain a valid parking decal, contact the Department of Public Safety.

Entrance/Exit

Entry and exit from the WRC must always be through the main entrance/exit.

Food, Chewing Gum and Drinks

Food, chewing gum and drinks are permitted in the lobby only. Glass containers are prohibited at all times. Water is allowed in activity areas only if it is in an enclosed, unbreakable container.

Smoking

Smoking and tobacco products are prohibited in any Delaware State University facility as well as at any active entrance.
Alcohol & Drugs
Alcoholic beverages and illegal drugs are prohibited. Individuals may not use the WRC or participate in any Wellness & Recreation activity while under the influence of drugs or alcohol.

Cell Phones
The use of cell phones is prohibited throughout the WRC with the exception of the main lobby. Violators may be asked to leave the facility.

Photography
Photography and/or videotaping are not allowed unless prior written authorization is obtained from the Wellness & Recreation Office. Camera phones and video phones are not permitted inside the WRC.

Bicycles, Etc.
Bicycles, roller skates, rollerblades and skateboards are prohibited inside the WRC.

Pets
Except for guide animals, pets are prohibited in all Wellness & Recreation facilities.

Handicap Access
Delaware State University's WRC is designed to accommodate patrons of varying abilities. WRC staff is available to provide special assistance to members with disabilities. Members are encouraged to provide as much advance notice as possible to the facility prior to a visit to help ensure that their request for special assistance may be met.

Attire
Proper athletic attire must be worn in the WRC.

- Appropriate exercise attire, such as T-shirts, soft-soled, nonmarking, closed-toe athletic shoes and athletic pants/shorts, is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.

- Swimsuits appropriate for public swimming are required in the pool.

- Fullback shirts and protective footwear are required in weight/conditioning rooms.

- Metal cleats may not be worn on the indoor track or outdoor playing fields.

- Shirts are required at all times (except in the pool).
Equipment
Some athletic equipment is available to members to check out of the Equipment Room.

Personal Stereos, iPods, etc.
Headphones are required for personal stereos and other similar devices.

Injuries and Equipment Failures
Injuries, accidents or equipment failures should be reported immediately to WRC staff.

Moving Equipment
Only WRC and Facilities staff may move equipment in the WRC.

Closing Time
All areas including locker rooms should be vacated by closing time each night. Reminders will be announced over our public address system one hour, then thirty minutes, and fifteen minutes prior to closing and at the actual closing time of the DSU building. All checked-out equipment should be returned to the Equipment Room and all day lockers should be emptied fifteen minutes prior to closing.

Facility Closures
Facilities may be closed and/or reservations canceled when warranted (i.e., for special events, maintenance projects and inclement weather). The DSU Web site www.desu.edu will post any schedule changes.

Posted Rules
Specific policies and room regulations are posted on site and must be observed. Verbal instructions issued by all staff should be strictly followed.

Personal Belongings
Personal belongings should be secured in day lockers where available. Unsecured belongings will be considered abandoned property and turned in to Lost & Found located at the Equipment Room. Lost IDs will be turned in to the membership desk in the main lobby. The WRC is not responsible for lost, stolen or damaged personal property.
Open Recreation

Open recreation hours are available for all members to engage in various recreational activities. Members are encouraged to be inclusive of others during open recreation hours. Unreserved open recreation activities are available on a first-come, first-served basis. Except for previously scheduled activities, open recreation will take priority over other activities. Open recreation hours in the WRC are posted online [www.desu.edu/wellness](http://www.desu.edu/wellness).

Organized Activities

The WRC may be used for recreational purposes only and may not be used for coaching or instructional purposes. Organized activities other than those approved by the director of Wellness & Recreation are prohibited.

Inclement Weather

Delaware State University’s recreation facilities will generally be open during regular hours, though all or portions of facilities may be closed if they are directly impacted by inclement weather.

Membership Services

Equipment Room

The Equipment Room located on the lower level of the WRC offers many services to members:

- Equipment check out
- Daily Locker Usage. A faculty/staff/student or community ID card is required to secure a locker.
- Lost & Found

Equipment Issue Rules

A DSU Picture ID Card is required to borrow equipment from the Equipment Room. Equipment must be returned at least 15 minutes prior to closing time. Individuals will be charged a fee for damage or loss of equipment. Fee will be determined based on fair market value for the item. Sponsors may check out equipment for their guests, but they assume full responsibility for equipment issued.
Membership Services (Continued)

Locker Room Policies

The WRC is not responsible for lost, stolen or damaged personal property.

Personal locks are prohibited and will be removed from the locker rooms.

Please report suspicious individuals wandering through the locker room to an attendant at the Equipment Room or Front Desk.

Children 5 years of age and older may not enter the locker room of the opposite sex. Family changing rooms are available for members with small children of the opposite sex. Please use discretion when bringing children of the opposite sex into the locker room with you. If you feel an older child is in the wrong locker room, please report it immediately to an attendant at the Equipment Room or Front Desk.

WARNING—Wet surfaces in the locker room may be slippery. Please watch your step.

Locks for lockers are available on a daily basis. A faculty/staff/student or community ID card is required to secure a locker. There is a 3 hour limit on locker use.

If lockers are not cleared by closing time each day, WRC staff will remove all items in the lockers and keep items for 14 days in Lost & Found. After 14 days, all abandoned locker contents will be donated to charity or discarded.

Lockers are to be used for legitimate recreational purposes only.

All lockers are the property of Delaware State University.

WRC staff reserves the right to check lockers for unreturned towels, equipment or known safety/security issues. Patrons will be notified should this occur.

Lost & Found

The Lost & Found is located at the Equipment Room on the lower level of the WRC.

In order to claim any lost items, a Property Claim Form must be completed at the Equipment Room.

Personal hygiene items such as shampoo, soap, deodorant, etc. will be disposed of each day at closing time. Other items will be kept for up to 14 days and then donated to charity. Lost DSU IDs will be placed at the membership desk or handed over to campus police for retrieval.
Specific Fitness Rules & Regulations

Group Exercise and Multipurpose Rooms

Please follow the instructor’s routine and keep conversation to a minimum for your safety and the safety of others.

Entering a class in progress is prohibited. Please be on time and refrain from entering the classroom before the current class has finished.

Individual use of the facility stereo equipment is prohibited.

Return equipment to the proper storage area when class is finished.

Appropriate exercise attire, such as T-shirts, soft-soled, nonmarking, closed-toe athletic shoes and athletic pants/shorts, is required at all times. **Sandals, bare feet, steel-toed boots and jeans are not permitted.**

Personal belongings must be kept in a locker or cubby where available.

Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.

The use of cell phones is prohibited.

Weight and Cardiovascular Rooms

Cardiovascular machine use is limited to 30 minutes.

Equipment must be wiped down after each use.

Personal training, other than that which is scheduled through the Department of Recreation & Wellness, is prohibited.

All dumbbells, weights and weight plates must be reracked after use.

All equipment must be used in the manner for which it is designed. Standing on benches or equipment frames is prohibited.

Intentionally slamming or dropping weights is prohibited.

Report all injuries to WRC staff immediately.

Individuals are responsible for checking equipment prior to each use. Broken or damaged equipment and/or equipment malfunctions should be reported to the WRC staff immediately.

Appropriate exercise attire, such as T-shirts, soft-soled, nonmarking, closed-toe athletic shoes and athletic pants/shorts, is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.

Personal belongings should be kept in a locker.

Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.

The use of cell phones is prohibited.
Aquatic Center Rules & Regulations

These guidelines and regulations are designed for your safety, health and comfort, as mandated by the State of Delaware Health Code and Delaware State University. Those who do not adhere to the guidelines below, or who fail to cooperate with the lifeguard staff, may be asked to leave and may be denied future access into the Aquatic Center. Delaware State University’s codes of conduct are enforced at the Wellness & Recreation Center at all times. The use of Delaware State University facilities is a privilege, and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.

Recreation Pool

Swimmers must take a cleansing shower before entering the pool.
A lifeguard must be on duty in the chair before anyone may get in the water.
Please walk on the pool deck. No running.

Any person with a skin disease, open sores, bandaged wounds, boils, inflamed eyes, discharging nasal or ear passages, or any communicable disease is prohibited from using the pool. If you have a bandage on a minor cut, dispose of it before entering the pool area.

No glass on the pool deck, seating area or locker rooms. Only water in an enclosed, unbreakable container is allowed on the pool deck.

No food or chewing gum allowed in the pool or on the pool deck.

Street shoes are prohibited on the pool deck.

Regular swimsuits are required attire for all swimmers. No T-shirts, cut-offs, or undergarments allowed.

Spitting or otherwise contaminating the pool, pool floors, walkways, aisles or dressing rooms is prohibited.

Diving is prohibited in the recreation pool.

No walking across DSU bulkhead or swimming under DSU bulkhead.

Please do not leave bags, street shoes or clothes on the pool deck or benches. Use the day lockers in the hallway.

The maximum number of swimmers in each lane is four. Please be aware of how many people are already in the lane that you are selecting.

Lanes with more than two swimmers must circle swim. This means that you should always be on the right half of the lane. Slower swimmers should stop at the wall and allow faster swimmers to pass.
Lanes are designated “slow,” “medium” and “fast.” Please select the appropriate lane for your ability. Aqua joggers should stay in the slow lane, allowing swimmers to pass. If the lane is too crowded, the lifeguard may prohibit aqua jogging.

Do not swim in a lane or area that is marked off for a class. Only swim in designated lap lanes. If you are unsure of open lanes, please ask the lifeguard.

Kickboards and pull-toys are available for lap swimmers. Please return them to the storage bin after use.

When the lifeguard signals the end of a recreational or lap swim, please leave the pool area promptly.

Language and behavior should be appropriate for a family setting.

The use of oils and body lotions is prohibited.

Infants and children under the age of 16 must be accompanied and directly supervised by an adult in swim attire who is present on the pool deck or in the pool with the child. Please note that only lap swim takes place in the lap lanes unless otherwise posted. The lifeguard may ask a child to leave lap swim if he or she is unable to continuously swim laps or interrupts others. Nonswimming children are not allowed in the lap area.

Strollers are not allowed on the pool deck. During open recreation hours, an adult must directly supervise infants and children not swimming at all times.

The volleyball net or basketball hoop may be set up during open recreation hours in the recreation pool with the permission of the lifeguard. Participants must be courteous of others while playing and may be asked to stop by the lifeguard at any time. No dunking or horseplay.

No diapers allowed in the pool. Children that are not toilet trained should wear cloth, washable or reusable swim diapers. Please do not use disposable swim diapers, as they disintegrate in the warm water.

No swim aids such as water wings, Styrofoam tubes or floats sewn into swimsuits are allowed. Only Coast Guard-approved life jackets allowed. A life jacket does not substitute for direct supervision of a nonswimmer.

If a lifeguard feels your swimming level is not adequate for the deep end, you may be asked to use the shallow recreation end.

Private lessons may not be given by non-DSU Aquatics staff at any time.

The use of cell phones is prohibited.

**Policy Disclaimer**

The WRC reserves the right to make changes and/or additions to these polices without notice. Should such changes be made, the revised information will be posted accordingly throughout the facility.
Wellness & Recreation Center
1200 North DuPont Highway
Dover, DE 19901-2277
302.857.7702 • 302.857.6080 fax
mfortune@desu.edu

Visit us on the Web at:
www.desu.edu

It will be the policy of Delaware State University to recruit, hire, train and promote persons in all job titles without regard to race, color, religion, sex, age, disability, veteran status, national origin or any other characteristic protected by applicable law.
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