

Fitness Rooms Combative Policies

The MAC Suite is scheduled for sport club practices, fitness instruction, personal training and open recreation. Patrons may utilize the MAC Suite when not reserved by a sport club. Training of patrons, either individually or in a group, is only allowed with a designated sport club coach or sensei, or an employee of Campus Recreation.

As with any strenuous activity, it is always recommended you consult with your doctor before participating. In addition, for any activity involving body contact, individuals should place the highest priority on safety for themselves and others and do so with the proper training and instruction. Campus Recreation sponsored Martial Arts clubs can provide proper training and instruction.

For safety and injury prevention Campus Recreation strongly recommends use of wraps or gloves when using the speed bag and heavy bag.

Use of the mat requires adherence to the following rules:

- Only athletic clothing may be worn, shirts are required.
- *Shoes are not permitted on the mats.*
- Individuals with skin infections, open lesions, or open cuts are not allowed on the mat.
- When a participant is bleeding or there is blood on the mat, activity must stop. Notify a Campus Recreation staff member for proper clean-up.
- Those individuals participating in combat type activity are required to do so under the supervision of a coach or sensei. Use of protective equipment (such as head protection, mouthpiece, cup (men), chest protector (women)) is also strongly recommended.
- Submission combative techniques are only allowed under supervision of a sport club coach or sensei.
- Aggressive sparring is not allowed. Sparring without heavy blows is allowed under the supervision of a sport club coach or sensei.
- Equipment (sharp or otherwise) that may damage the floor, mats, or bags is not permitted.

Campus Recreation personnel reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate.