

# Drake University

## Sports & Recreation Complex

# User Guide



The following guide includes policies, programs, and other important information to help you maximize your experience!

Have a question or concern? Contact us using the below information.

## **Bell Center**

**Phone:** 515-271-3173

**Website:** [www.drake.edu/recservices](http://www.drake.edu/recservices)

**Email:** [recservices@drake.edu](mailto:recservices@drake.edu)

**Instagram:** @DrakeRec

**TikTok:** @DrakeRec

**Facebook:** DrakeRecServices



## What you'll find in our facilities?

### **Bell Center**

25-meter, 6 lane indoor pool  
Fitness Room with cardio & free weights  
Fitness Studio  
Gym with basketball, volleyball, & badminton courts  
Locker Rooms with showers

### **Knapp Center**

Recreational basketball & volleyball courts  
3 Racquetball Courts  
Wallyball Court  
Track (7.5 laps/mile)

### **Field House**

Sport turf floor (by reservation only)

### **Roger Knapp Tennis Center**

6 indoor courts  
6 outdoor courts (weather permitting)

### **Underground Fitness** (located in Olmsted Center)

Student-only cardio and free weights



## Facility Access

Our facilities are intended for Drake University students, faculty, staff and members only. To keep our facilities safe, every person who enters must show valid identification.

### **I'm a student!**

Swipe your Drake ID at the front desk

### **I'm faculty or staff!**

Swipe your Drake ID at the front desk

### **I'm a member!**

Swipe your Recreation Pass at the front desk

Since these are private facilities, people who do not fall into one of the above categories cannot be admitted. If a person does not show a valid ID, there is no proof they are a member of the Drake community and may not be granted access. To be consistent, all persons must show their ID each time they enter.

### **Who can be a member?**

In order to be a member, you must have some connection to Drake University. Faculty/staff and students have access. Alumni, alumni spouses and dependents, faculty/staff spouses and dependents, and student spouses and dependents can all purchase a pass.

### **Can I bring a friend who does not have a pass?**

**Yes!** Any student, faculty, staff, or member who has a valid pass may bring a guest in for \$5/day. The guest must be accompanied by the pass holder at all times and must follow all policies and procedures. Guest passes can be purchased in the Bell Center.

## **Guest Passes**

Drake students, staff, faculty, and members with a current pass may obtain a pass to sponsor a guest subject to the following guidelines:

1. The sponsor may purchase a Guest Pass from the Complex Manager or Office Assistant for a non-refundable fee of \$5 per day.
2. Valid Drake ID or Recreation Pass is required to purchase the Guest Pass.
3. Guest Passes are valid only on the date shown and may not be altered in any way.
4. The sponsor must accompany the guest at all times, and both guest and sponsor are responsible for compliance with policies and procedures.
5. Each Drake person may sponsor no more than three guests per day.
6. A guest cannot sponsor another guest.
7. A guest cannot check out equipment, locker, towel, etc.
8. Guests under the age of 18 must have a parent or guardian sign a waiver.
9. Guests providing false information will be subject to loss of guest privilege.
10. No patron may use any of the facilities for paid lessons, per University policy.

## **General Policies**

1. Facility hours and information on various programs are available in the Bell Center Lobby, by calling 271-3173, or on our website: [www.drake.edu/recservices](http://www.drake.edu/recservices)
2. Hours will vary during school breaks, summer, holidays, and events
3. Smoking or smokeless tobacco is not allowed in the facilities
4. Food and beverages are not permitted in any activity areas (water is allowed)
5. Clean athletic shoes must be worn in all activity areas (Users are encouraged to bring a second pair of shoes to use in the facilities)
6. Bicycles, cleats, or rollerblades are not permitted anywhere in facilities (Bicycles must be left outside)
7. University departments and officially recognized student organizations may reserve various activity areas for special events based on availability (Reservations must be made at least 2 weeks in advance through VEMS)

8. Only current fulltime Drake faculty, staff, and students can participate in the Intramurals
9. Recreational Services is not responsible for lost or stolen items
10. Mixing of protein powders is prohibited in all facilities – all protein drinks must be mixed before entering
11. Graduating students are allowed to use the facility for 14 days following the day of graduation; after the 14 days, graduating students will need to purchase an alumni pass to continue to use the facilities
12. Recreational Services professional and student staff reserve the right to ask any members or patrons to leave should they be acting inappropriately or against policies and procedures.
13. All users are required to follow all university policies regarding health and safety
14. Recreational Services values an inclusive environment as well as your safety. As you use the facility, realize that exposed skin can be a risk to disease exposure. Therefore, we encourage participants to clean fitness equipment before and after use.
15. You are required to wear an appropriate top, shorts or pants, and closed-toe shoes
  - a. Exceptions:
    - i. Tops not required in Bell Center gym while participating in team denoted activities
    - ii. Shoes optional for mat based activities
    - iii. Proper swimwear required in pool

### **Did you know “Family Hours” are all the time!?**

Students, faculty, staff, or members can bring in their children (15 and under) for free anytime we are open! The gym space, pool, and track can all be utilized by families! Children over 16 must purchase a pass to use the facility when it is open. They can use the Fitness Room and participate in Group Exercise classes!

## **Family Recreation Policy**

1. Spouses and dependents must purchase the appropriate pass for entry to recreational facilities
2. Children/dependents of student/faculty/staff/members who are 15 years of age and under may use the facilities at no charge
3. Children/dependents 15 and under may not sponsor guests nor can they be in the Fitness Studio and/or attend group exercise
4. A parent/guardian must accompany children/dependents at all times

## **Locker Rental Policy**

1. Lockers are available to purchase for \$40/year or \$30/spring semester
2. All locker rentals expire on the last day of the academic year and must be renewed or cleaned out
3. Transfer lockers are available for daily use – patrons will need to bring their own lock and remove it each night
4. Any locks left on transfer lockers will be cut off each night

# Activity Area Rules

## Bell Center Gym

- Clean athletic shoes must be worn at all times (shoes that mark the floor will not be allowed)
- No spitting
- No hanging on basketball rims
- No softballs or baseballs allowed
- No food, drinks (water only)
- Soccer or any other type of kickball is only allowed on Court 3 (east wall may be used to kick against)
- Do not misuse the facility and/or equipment



## Bell Center Fitness Studio

- Room is closed during group exercise and other reserved events
- No one under the age of 16 can participate in group exercise
- You must sign an informed consent waiver to participate in group exercise
- All equipment must remain in this room
- No weight plates allowed in this room
- No balls other than approved fitness balls in this room
- Clean off any equipment used
- Put equipment back in its designated space
- Box jumps using plastic steps and risers are not permissible
- Non-marking shoes only; no tap shoes
- No food, drinks (water only)

### Did you know you can check out equipment at the Bell Center?!

You can use your Drake ID or Recreation Pass to check out various pieces of equipment: basketballs, racquets, soccer balls, volleyballs! Equipment check-out is in the Equipment Room or at the Front Desk.

## Bell Center Fitness Room

- Must be at least 16 years of age or older
- Proper workout attire & athletic shoes are required (no open toe shoes)
- Five-finger shoes are NOT allowed when using free weights
- Do not stand on benches or machines
- Workout time on cardio machines is limited to 25 minutes when others are waiting
- Clean and wipe off equipment after use
- Do not drop dumbbells, weight plates or weight stacks (unless using rubber plates)
- Replace all weights and bars to original storage place
- Clips must be used on all free weight bars; no chalk
- It is the lifter's responsibility to get a spotter when needed
- No kicking, bouncing or throwing balls
- Use equipment for intended purpose only
- Bars and plates must remain in the Fitness Room
- Immediately report all accidents, injuries, & equipment failure to staff



## Locker Room

- The Complex Manager can issue lockers for \$40/year or \$30/spring semester
- No glass in locker rooms
- Do not leave valuables unattended – Drake University is not responsible for lost or stolen items
- Private locks left on lockers will be removed

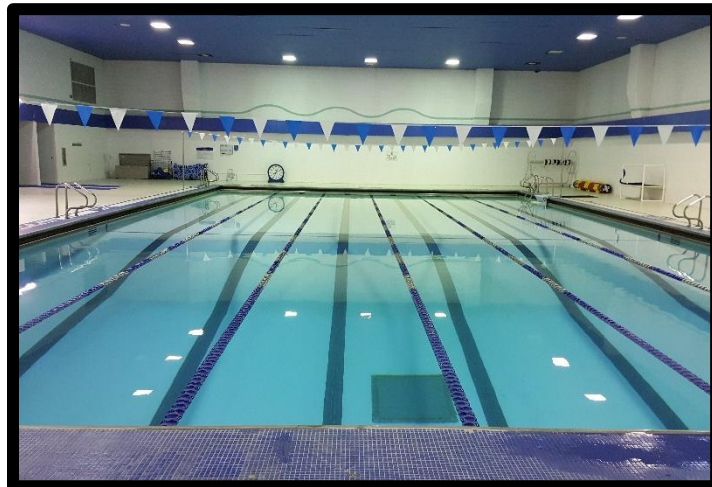
# Pool Rules & Family Swim Policy

## **Bell Center Pool**

- Swimmers must enter through the locker room when a lifeguard is on duty
- A soap shower is required before entering the pool
- Running, tag, & horseplay is not allowed in the pool area
- All persons of questionable swimming will be required to swim two widths under guard supervision before being allowed to use the deep end
- Swimmers should face ladder when entering or leaving the pool
- No talking to guards while they are on duty
- Swimming apparel only
- No food, beverages, gum, or glass containers in the pool area (water only)
- No diving objects in the pool area
- Balls made of soft pliable material may be used in designated area only
- Mask, fins, and snorkel permitted in shallow end
- Jewelry, hair clips, & Band-Aids must be removed prior to swimming
- No street shoes permitted in the pool area
- Floating toys are not permitted, unless used for programming purposes
- Children 15 years of age and under must be accompanied by a parent/guardian at all times
- Children not potty-trained must wear waterproof pants

## **Family Swim Policy**

- Parent or responsible adult is expected to be in the water with and close (within 5 feet) to the child if under the age of 10
- A safety flotation device (e.g., water wings, vest, etc.) does not replace a responsible parent or adult
- A child wearing a flotation device is to remain in the shallow end of the pool with the parent or responsible adult
- Children with swimming competence (i.e., able to swim in reasonably good form in a prone position, 25 meters: 1 length) are expected to be with a parent or a responsible adult who is also in the water, but the 5 foot distance can be extended commensurate with the degree of competence





# Activity Area Rules

## Knapp Center Gym

- Clean athletic shoes must be worn at all times (shoes that mark the floor will not be allowed)
- Play on main game court is not permitted; side courts are available for use outside of practice times or game days
- No spitting
- No hanging on basketball rims
- No softballs or baseballs allowed
- No soccer or any other type of kickball activity allowed
- No football allowed (unless a scheduled athletic practice)
- No food, drinks, or gum on floor (water only)
- Do not misuse the facility and/or equipment



## Knapp Center Track

- Clean athletic shoes must be worn at all times
- No spitting
- Rollerblades, bikes, & skateboard are not allowed
- Slow runners should keep to the inside
- Monday, Wednesday, Friday, Sunday – runners run counterclockwise
- Tuesday, Thursday, Saturday – runners run clockwise

## Knapp Center Racquetball Courts

- Clean athletic shoes must be worn at all times (shoes that mark the floor will not be allowed)
- All metal racquets must have plastic guards attached to racquet heads
- No spitting
- Racquetball, handball, & wallyball are the only activities allowed (no soccer or volleyball)
- Eye guards are strongly recommended

## Field House (By Reservation Only)

- Clean athletic shoes must be worn at all times
- No spitting
- Rollerblades, bikes, & skateboard are not allowed
- No food, drinks, or gum (water only)
- Do not misuse the facility and/or equipment
- Facility is not open for recreation; you may reserve the facility through Athletics

## Underground Fitness (Student-Only Facility)

- Use of this room is limited to individuals 16 years of age and older
- Proper workout attire and athletic shoes are required (no open toe shoes or sandals)
- A second pair of shoes is highly recommended before entry and shirt is required
- Five-finger shoes are NOT allowed when using free weights
- Do not stand on benches or machines
- Workout time on cardio machines is limited to 25 minutes when others are waiting
- Please clean and wipe off equipment after use
- Do not drop dumbbells, weight plates, or weight stacks
- Replace all weights and bars to original storage space
- Clips must be used on all free weight bars; no chalk
- It is the lifter's responsibility to get a spotter when needed
- No kicking, bouncing, or throwing balls (no throwing medicine balls against the wall)
- Use equipment for intended purpose only



# Roger Knapp Tennis Center Rules & Reservations

## Reservations

- Can be made online, in person, or by calling the Tennis Center (271-4914) or Bell Center front desk (271-3173)
- Courts can be reserved no further than 3 days in advance
- Reservations are for one hour blocks only
- Reservations are void 10 minutes after reservation time

## Indoor & Outdoor Courts

- Clean athletic shoes must be worn at all times (shoes that mark the floor will not be allowed)
- Shoes to be worn on the court must be carried, not worn, into the facility
- Proper attire is required - shirt and shoes must be worn at all times
- All metal racquets must have plastic guards attached to racquet heads
- Recreational users are limited to 3 tennis balls per court
- Unauthorized tennis lessons are not permitted
- Any persons deliberately hitting balls directed toward the upper structure or scoreboards may lose their Tennis Center privileges for one calendar year
- No spitting
- No food, drinks, or gum (water only)
- Rollerblades, skateboards, roller-skates, or bikes are not allowed on the courts
- Do not misuse the facility and/or equipment

## Mezzanine

- Throwing of any object either onto the court or on the Mezzanine area is not allowed; anyone guilty of this infraction may lose their Tennis Center privileges for one calendar year
- Loud conversations directed to persons on the courts will not be allowed
- Do not misuse the facility and/or equipment

