



**BOSTON UNIVERSITY**

**Fitness and Recreation Center**

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# **MEMBERSHIP HANDBOOK**

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**Boston University**  
**Department of Physical Education, Recreation and Dance**  
915 Commonwealth Avenue  
Boston, Massachusetts 02215  
Phone: 617-353-2748  
Fax: 617-353-5147  
[www.bu.edu/fitrec](http://www.bu.edu/fitrec)

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# MISSION

The Department of Physical Education, Recreation and Dance is committed to providing unparalleled educational and instructional programs, services and facilities to Boston University students, faculty, staff and alumni that promote health and wellness, provide recreational activities and strengthen campus community.

## Core Values

### **Quality**

- Instruction
- Facilities
- Customer Service

### **Student Development and Service**

- Employment
- Recreational Opportunities
- Instructional Programs

### **Campus Community**

- Foster Relationships with Students, Faculty, Staff and Alumni
- Provide Secure Environment

# MEMBERSHIP

## **Membership Benefits**

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

- Lap swim in the competition pool
- Recreational swim in the recreation pool and whirlpool
- Walking or jogging on the indoor track
- Use of all 18,000 square feet of cardio and fitness equipment, including treadmills, ellipticals, stairmasters, stationary bikes, free weights and selectorized weights.
- Use of racquetball and squash courts (reservations needed)
- Recreational climbing on the climbing wall (after receiving safety certification)
- Discount on most non-credit courses
- 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 (must be 18 and over to sponsor a guest)

## **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 a signed informed consent is received.

### **FULL-TIME STUDENTS (Undergraduate and Graduate)**

- Membership to the Fitness and Recreation Center is automatically granted to all enrolled full-time undergraduate and graduate Boston University students.
- Full-time students are eligible to sponsor a membership for their spouse or dependents through the Student Link (<http://www.bu.edu/studentlink>).
- Individual must be recognized by the Office of the University Registrar as a full-time student as determined by Boston University. For eligibility questions, contact the Office of the University Registrar at 617-353-3612.
- Membership is granted for the current enrolled semester only (see Membership Plans, Renewals, and Periods).
- During the summer, continuing full-time students are granted membership if they were full-time students in the Spring Semester and Pre-registered as full-time students for the Fall Semester in that year.
- All graduating students will continue to have access until the end of their last semester as a registered full-time student (see Membership Plans, Renewals, and Periods).
- If your status as a full-time student changes at any time, your membership to the Fitness and Recreation Center 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 Boston University affiliation.

### **PART-TIME STUDENTS (Undergraduate and Graduate)**

- Memberships to the Fitness and Recreation Center can be purchased through the Student Link (<http://www.bu.edu/studentlink>). Part-time students are eligible to sponsor a membership for their spouse or dependents. The part-time student must be a member for spouse or dependents to join.
- Individual must be recognized by the Office of the University Registrar as a part-time student as determined by Boston University. For eligibility questions, contact the Office of the University Registrar at 617-353-3612.
- Membership is granted for the current enrolled semester only (see Membership Plans, Renewals, and Periods).
- If your status as a part-time student changes at any time, your membership to the Fitness and Recreation Center 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 Boston University affiliation.

### **FACULTY/STAFF**

- Membership to the Fitness and Recreation Center can be purchased through the Employee Link (<http://www.bu.edu/employeeelink>). Faculty/Staff are eligible to sponsor a membership for their spouse or dependents. The faculty/staff must be a member for spouse or dependents to join.

- Individual must be recognized by the Office of Human Resources at Boston University as current faculty/staff (full-time or part-time) of the Charles River Campus or Medical Campus. For eligibility questions, contact the Office of Personnel at 617-353-2380.
- The following Boston University affiliations are eligible for a faculty/staff membership: Emerita Professor, Emeritus Professor, Retired Employee, Trustee, Visiting Scholar/Research Fellow, Military Science, UIS Consultant, and Fraunhofer. *(Note: if your Boston University affiliation is not listed above and you are interested in purchasing a membership, please contact the Fitness and Recreation membership staff for eligibility verification).*
- If you are faculty/staff, this is your primary affiliation with Boston University. If you are also taking part-time classes or are an alumnus of Boston University, your faculty/staff affiliation remains your primary affiliation. Membership will be based on this primary affiliation.
- If your status as a faculty/staff changes at any time, your membership to the Fitness and Recreation Center 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 Boston University affiliation.

## **ALUMNI**

- Memberships to the Fitness and Recreation Center can be purchased through the Alumni Link (<http://www.bu.edu/alumni>). Alumni are eligible to sponsor a membership for their spouse or dependents. Alumni must be a member for spouse or dependents to join.
- Individual must be recognized by the Office of Development and Alumni Relations as determined by Boston University. Individual must have received a Bachelor and/or Graduate Degree from Boston University and be registered with the Office of Development and Alumni Relations. Boston University Certificate Program Graduates are not eligible for alumni memberships. For eligibility questions, contact the Office of Development and Alumni Relations at 617-353-9500.

## **SPOUSE MEMBERSHIPS**

- Spouse membership is intended for married couples as recognized by the Commonwealth of Massachusetts. Cohabitants, engaged couples, or domestic partners are not eligible for spouse memberships.
- Registration for membership must occur through the primary Boston University affiliate.
- Management of the Fitness and Recreation Center reserves the right to require proof of marriage.
- Spouse membership is automatically terminated if the primary Boston University affiliate is no longer a member.
- Spouse must sign an Informed Consent prior to the first use of the facility.
- Spouse is permitted in the facility during all hours of operation.

## **DEPENDENT MEMBERSHIPS**

- Dependent memberships are intended for the children (18 and under), defined by legal dependent status as recognized by the Commonwealth of Massachusetts.

- Registration for membership must occur through the primary Boston University affiliate.
- Management of the Fitness and Recreation Center reserves the right to require proof of dependency.
- Dependent memberships are automatically terminated if the primary Boston University affiliate is no longer a member.
- Persons 19 and older who are not directly affiliated with Boston University are not eligible for membership.
- Parent or legal guardian must sign an Informed Consent for dependents prior to the first use of the facility.
- Attempting to provide access to dependents other than those listed on your plan is considered a violation (See Terrier Picture ID Card Violations).
- Dependents may use the facility in accordance with the following regulations and age restrictions:
  - Age 0-12 years
    - Direct parental supervision is required while in the facility.
    - Not permitted in the Weight and Cardiovascular Fitness rooms with the exception of enrollment in programs.
    - Not permitted to use the spa at any time.
  - Age 13-15 years
    - Direct parental supervision is required while in the facility during all hours of operation.
    - Not permitted in the Weight and Cardiovascular Fitness rooms with the exception of enrollment in programs.
  - Age 16-18
    - Permitted in all areas of the building without supervision during all hours of operation.

## **Membership Plans, Renewals, and Periods**

Yearly memberships are based on a July 1 to June 30 calendar year.

- If your plan is the one-time annual payment, you must renew your membership each June. Your membership will automatically be terminated effective June 30 if you do not renew.
- If your plan is monthly dues, your membership will automatically renew every July 1 for the upcoming membership year. If you would not like to continue your membership, you must fill out a cancellation form before the 10<sup>th</sup> of the month in order not to be charged for the following month.
- Please note that certain areas may not be available at all times and all schedules are subject to change without notice.
- All memberships are inclusive of University breaks, holidays, and facility closures.
- Access to the Fitness and Recreation Center for students is based on the following semester schedule:
  - Spring Semester - January 1 through May 31
  - Summer Session I - Day after graduation through June 30
  - Summer Session II - July 1 through August 31
  - Fall Semester - September 1 through December 31

## Membership Changes

If you would like to change your membership plan by adding a spouse or dependents, or change your credit card information on file, you can make these changes through the Student Link, Employee Link, or Alumni Link (<http://www.bu.edu/link>) or the FitRec Website ([www.bu.edu/fitrec](http://www.bu.edu/fitrec)).

## Cancellations and Refunds

You may cancel your membership within three business days of your join date and receive a full refund as per Massachusetts General Law. After that, your membership can be terminated on an involuntary or voluntary basis.

### INVOLUNTARY MEMBERSHIP CANCELLATION

- Your status as a Boston University affiliate has changed and you are no longer eligible for membership.
- If your plan is the one-time annual payment, your refund will be prorated based on the unused months for the membership year.
- If your plan is the one-time six month payment, your refund will be prorated based on the unused months for the membership period.
- If your plan is monthly dues, your membership will continue until the last day of the month you became ineligible.

### VOLUNTARY MEMBERSHIP CANCELLATION

- You choose to cancel your membership at any time, even though your Boston University affiliation has not changed.
- You must cancel your membership at the Membership Desk and sign a membership cancellation form.
- If your plan was the one-time annual payment or one-time six-month payment:
  - No refund will be given for the remainder of the month in which you cancel your membership and your membership will still be valid until the last day of the month.
  - All membership cancellations must be received by the 10<sup>th</sup> of the month in order not to be billed for the following month.
  - A \$25 cancellation fee will apply to all one-time annual payment cancellations and one-time six-month payment cancellations with the following exceptions:
    - Changes in medical conditions resulting in physical limitations (must receive a physician's note)
    - 9 or 10 month contract employees who do not wish to retain their membership during non-contract periods
    - Formal leaves of absence and/or sabbaticals
    - For Alumni only, if you have moved a distance greater than 20 miles from the Fitness and Recreation Center
  - Your refund will be calculated based on the amount you paid minus the number of months used at the monthly membership rate minus the cancellation fee.

- If your plan was monthly dues:
  - No refund will be given for the remainder of the month in which you cancel your membership and your membership will still be valid until the last day of the month.
  - All membership cancellations must be received by the 10<sup>th</sup> of the month in order not to be billed for the following month.

## GENERAL RULES & REGULATIONS

The following rules and regulations governing the use of all recreational facilities at the Fitness and Recreation Center 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, Fitness and Recreation Center 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 Physical Education, Recreation and Dance.

### **Conduct**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston 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 the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities.  
<http://www.bu.edu/dos/studentresponsibilities/CodeofStudentResponsibilities.pdf>

### **Informed Consent**

All Fitness and Recreation Center members, class participants and guests must read and sign an informed consent prior to using the facility.

In consideration of the opportunity to participate in classes, activities and programs conducted by the Department of Physical Education, Recreation and Dance (PERD) in the Boston University Fitness and Recreation Center and other University athletic facilities, and to use equipment located therein, I, on behalf of myself and my minor children, do hereby release, hold harmless and forever discharge and agree not to sue Trustees of Boston University and its trustees, officers, agents, and employees (together, the "University") from any and all claims, responsibilities or liabilities for injury or damages resulting from or arising out of my or my family's use of, presence in, or participation in activities conducted at the Fitness and Recreation Center and other University athletic facilities, whether or not caused by the ordinary negligence of the University.

I understand, recognize and acknowledge that certain activities conducted or taking place in the Fitness and Recreation Center and other University athletic facilities are potentially hazardous. I

also acknowledge that it is my responsibility to follow instructions for any activity or use of equipment, and to seek help from the staff if I have any questions. I further understand that, notwithstanding precautions taken by the University, sports and fitness activities involve a risk of injury and/or death. I/we are voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks associated with my participation in activities at the Fitness and Recreation Center and other University athletic facilities.

## **Terrier Picture ID Cards**

A strict ID policy is enforced when entering the Fitness and Recreation Center. No student will be allowed into the building without their Terrier Picture ID cards.

Members must swipe and display their Terrier Picture ID Card to gain access to the Fitness and Recreation Center. Your Terrier Picture ID Card must identify your primary affiliation with Boston University.

- **Replacement Fee:** There is a \$30 fee for replacing your Terrier Picture ID Card if it has been lost, stolen, or damaged.
- **Full-Time Students:** Your existing Terrier Picture ID Card will allow you access to the Fitness and Recreation Center.
- **Part-Time Students:** Your existing Terrier Picture ID Card will allow you access to the Fitness and Recreation Center. If your original card does not have your picture, you may be issued a new card at the Membership Desk on your first visit to the Fitness and Recreation Center.
- **Faculty/Staff:** Your existing Terrier Picture ID Card will allow you access to the Fitness and Recreation Center once you purchase a membership. If you card has been lost or stolen, you may only obtain a new Terrier Picture ID Card through the Personnel office at 25 Buick Street.
- **Alumni:** Your Terrier Picture ID Card must identify your primary affiliation with Boston University. If you currently have an old ID card from when you were a student, you will be issued a new Terrier Picture ID Card with your alumni affiliation at the Membership Desk on your first visit to the Fitness and Recreation Center.
- **Spouses:** If you have never been issued a Terrier Picture ID Card, you will be issued one at the Membership Desk on your first visit to the Fitness and Recreation Center.
- **Dependents:** Dependents Age 0-15 will not be issued a Terrier Picture ID Card. 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 Terrier Picture ID Card. Dependents Age 16-18 will be issued a Terrier Picture ID Card at the Membership Desk on their first visit to the Fitness and Recreation Center.

## **Terrier Picture ID Card Violations**

Terrier Picture ID Cards are non-transferable and for the exclusive use of the person named on the card. Terrier cards must be carried at all times and may not be used by anyone other than the student named on the card; it remains the property of Boston University and must be surrendered to the University upon demand. Any Terrier Picture ID Card that is presented by someone other than the rightful cardholder will be confiscated. Fitness and Recreation Center staff reserves the right to request identification at any time.

Violations include but are not limited to:

- Leaving the building through unauthorized exits
- Jumping or otherwise circumventing the turnstiles
- Allowing another person to use your Terrier Picture ID Card
- Using a Terrier Picture ID Card that does not belong to you
- Knowingly aiding in providing access to unauthorized users
- Assigning your own or another's Terrier Picture ID Card to unauthorized users
- Allowing others to enter through emergency exits
- Signing in a visitor for a tour, and then using facilities
- Bringing in dependents other than those listed on your dependent membership plan

Violations of these policies will lead to the following consequences:

- First Violation: A \$50 fine for each person illegally accessing the facility, written warning, minimum 1 week suspension.\*\* No refunds are provided for any membership dues paid during the suspension period. Student violations will be reported to the Office of Judicial Affairs.
- Second Violation: A \$50 fine for each person illegally accessing the facility and membership suspended for the length of one semester (4 months).\*\* No refunds are provided for any membership dues paid during the suspension period. Student violations will be reported to the Office of Judicial Affairs. Faculty/Staff violations will be reported to the Office of Human Resources.
- Third Violation: A \$50 fine for each person illegally accessing the facility and membership suspended permanently.\*\* No refunds are provided for any membership dues paid. Student violations will be reported to the Office of Judicial Affairs. Faculty/Staff violations will be reported to the Office of Human Resources.

\*\* suspension will extend until fine is paid. Individuals on suspension will have no access to FitRec and cannot be brought in as a guest.

**Note:** Terrier Picture ID Cards are the property of Boston University and will be confiscated if used by someone other than the person named on the card. If the card is not surrendered to the Fitness and Recreation staff at the time of the violation, access will be terminated until the cardholder meets with a Facility Manager. Failure to comply with this policy constitutes a violation for both the individual in possession of the card and the individual named on the card. Cardholders are required to report to the Fitness and Recreation Center and meet with a Facility Manager in order to retrieve a Terrier Picture ID Card that has been confiscated after misuse.

## **Entrance/Exit**

Entry and exit from the Fitness and Recreation Center must always be through the main entrance/exit on Commonwealth Avenue. Individuals entering or exiting through other doors are subject to disciplinary action (see Terrier Picture ID Card Violations above).

## **Guest Passes**

- Members of the Fitness and Recreation Center are eligible to sponsor guests to use the facility for \$20 per day, Monday – Thursday or \$10 per day, Friday – Sunday and BU Official Staff Holidays.
- Member must be 18 and over to sponsor a guest.
- Guests under the age of 18 must present a signed Informed Consent from a legal guardian before they will be granted access.
- Members can sponsor up to 2 guests per day.
- Guest passes can be purchased at the Membership Desk, located immediately in front of you as you enter the facility.
- Guest passes entitle non-members to access all facilities on the day issued only.
- Guest passes are non-transferable and non-refundable.
- Guests must present a photo ID at the Membership Desk and sign an Informed Consent before entering the facility.
- Sponsor assumes full responsibility for all actions and behaviors of their guests and must accompany them at all times.
- Management of the Fitness and Recreation Center reserves the right to refuse admittance to any guest.
- Boston University faculty, staff, part-time students and alumni who are not members may self-sponsor and purchase a guest pass for themselves. Faculty and staff must present a valid Terrier Picture ID Card. Alumni must present a valid picture ID and proof of Boston University alumni status. Self-sponsored guests may also sponsor up to 2 guests per day.
- Non-BU affiliate guests can not sponsor additional guests.

## **Food, Chewing Gum and Drinks**

Food, chewing gum and drinks are permitted in designated areas 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 the facility and at active entrances.

## **Alcohol and Drugs**

Alcoholic beverages and illegal drugs may not be consumed prior to or while using the facility. Individuals may not use the facility while under the influence of drugs or alcohol.

## **Cell Phones**

The use of cell phones is prohibited throughout the facility except in the main lobby before swiping your Terrier Picture ID Card.

## **Bicycles, Etc.**

Bicycles, roller skates, rollerblades and skateboards are prohibited inside the facility at all times. Exceptions for sports such as inline hockey will be made in designated areas at designated times only.

## **Pets**

Except for guide animals, pets are prohibited in all facilities.

## **Handicap Access**

Boston University's Fitness and Recreation Center is designed to accommodate patrons of varying abilities. Fitness and Recreation Center 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 facility:

- Non-marking athletic shoes are required in all activity areas except for areas where shoes are optional, such as pools, martial arts rooms, locker rooms and dance studios.
- Swimsuits and caps are required in pools.
- 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.
- Eye guards are required in racquetball/squash areas.
- Shirts are required at all times (except in pools).

## **Equipment**

Some athletic equipment is available to members for rental and/or purchase at the ProShop.

## **Stereos**

Headphones are required for personal stereos and will be available for purchase at the ProShop.

## **Injuries and Equipment Failures**

Injuries, accidents or equipment failures should be reported immediately to Fitness and Recreation Center staff.

## **Moving Equipment**

Only Fitness and Recreation Center staff may move equipment in the facility.

## **Spitting**

Spitting is prohibited in the Fitness and Recreation Center. Please use cuspidors near gymnasias on Level 2 and Lower Level 2.

## **Closing Time**

All areas including locker rooms should be vacated by closing time each night. Reminders will be announced over our public address system at one hour, thirty minutes, and fifteen minutes prior to closing, and at the actual closing time of the building. All rented equipment should be returned to the ProShop 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. special events, maintenance projects, inclement weather).

The Fitness and Recreation Center website ([www.bu.edu/fitrec](http://www.bu.edu/fitrec)) 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 must be secured in day lockers or cubbies where available. Unsecured belongings will be considered abandoned property and turned in to lost and found located at the ProShop. Lost ID's will be turned into the Membership Desk. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.

## **Photography**

Photography and/or videotaping is not allowed unless prior written authorization is obtained from the management of the Fitness and Recreation Center. Camera phones and video phones are not permitted inside the facility.

## **Open Recreation**

Open recreation hours are available for all members to engage in various recreational activities. Players 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 Fitness and Recreation Center are posted online ([www.bu.edu/fitrec/facilities/openrec](http://www.bu.edu/fitrec/facilities/openrec)).

## **Organized Activities**

The Fitness and Recreation Center 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 Physical Education, Recreation and Dance department are prohibited.

## **Inclement Weather**

Boston 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. For-credit physical education courses will be canceled if Boston University is closed due to inclement weather. Formal programs such as classes and intramurals may be canceled or postponed if playing conditions and/or instructor travel are affected.

The Fitness and Recreation Center website ([www.bu.edu/fitrec](http://www.bu.edu/fitrec)) will post any weather-related schedule changes.

## **Suggestion Box**

The Fitness and Recreation Center is always looking for ways to improve. Comments and suggestions from members are encouraged and appreciated. Please write down your comments and place them in the suggestion box located at the Membership Desk.

## **Bulletin Boards**

Bulletin Boards are located on the ground floor, across from Healthy Blends Café and day lockers. All postings must be approved by the Department of Physical Education, Recreation and Dance. Flyers will be approved depending on appropriateness and relevance. Flyers not approved will be removed.

# **SERVICES**

## **ProShop**

The ProShop, located on Lower Level One of the Fitness and Recreation Center (the Pool Deck level) offers many services to members:

- Equipment rentals
- Equipment sales
- Annual locker rentals
- Day locker rentals
- Towel service
- Lost and Found
- Racquetball/squash reservations

## **Equipment Issue Rules**

1. A Terrier Picture ID Card is required to borrow equipment from the ProShop.
2. Equipment must be returned at least 15 minutes prior to closing time.
3. Individuals will be charged a fee for damage or loss of equipment. Fee will be determined based on fair market value for the item.
4. Sponsors may check out equipment for their guests, but assume full responsibility for equipment issued.

## Locker Room Policies

1. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.
2. Annual locker rentals are available at the ProShop on a first come/first serve basis.
3. Personal locks are prohibited and will be removed from the locker rooms.
4. Please report suspicious individuals wandering through the locker room to an attendant at the ProShop or Front Desk.
5. 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 ProShop or Front Desk.
6. *WARNING*-Wet surfaces in the locker room may be slippery. Please watch your step.

## Day Lockers

Individuals using day-use lockers in the Fitness and Recreation Center must follow the guidelines below:

1. There is a 2 hour limit on Day Locker Use.
2. Personal lockers may not be left on lockers overnight. All locks must be removed 15 minutes prior to facility closing.
3. If lockers are not cleared by closing time each day, Fitness and Recreation Center 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. A \$5 fee will be charged to retrieve locker contents.
4. Keys and locks may be checked out from the ProShop located on Lower Level One (Pool Deck level) for a nominal fee of \$1.
5. Keys must be returned to the ProShop on the same day that they are checked out. Individuals that lose or do not return keys will be assessed a \$10 replacement fee.
6. All members understand their responsibility in protecting the welfare of other members while renting a locker.
7. Lockers are to be used for legitimate recreational purposes only.
8. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.
9. All lockers are the property of Boston University and the Department of Physical Education, Recreation and Dance.
10. Fitness and Recreation Center staff reserves the right to check lockers for unreturned towels, equipment and known safety/security issues. This task is done with strict procedural controls. Patrons will be notified should this occur.

## **Annual Locker Rentals**

Permanent lockers are available to Fitness and Recreation Center members annually for a fee. All lockers are issued on a first come, first served basis at the ProShop.

1. Personal locks are prohibited and will be removed from locker rooms.
2. All members understand their responsibility in protecting the welfare of other members while renting a locker.
3. Lockers are to be used for legitimate recreational purposes only.
4. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.
5. All lockers are the property of Boston University and the Department of Physical Education, Recreation and Dance.
6. Fitness and Recreation Center staff reserves the right to check lockers for unreturned towels, equipment and known safety/security issues. This task is done with strict procedural controls. Patrons will be notified should this occur.

## **Towel Service**

Towel Service can be purchased at the ProShop. Upon purchase of the service, buyer will receive a receipt to be redeemed at the ProShop for an initial towel. The Service will operate on a strict towel exchange system, with a clean towel being issued to only those returning a used towel. Exceptions to these policies will not be made. Please ask to speak with the ProShop manager if you have any problems with your towel service.

1. Please expect to show a Terrier Picture ID Card when picking up a towel.
2. Additional towels will not be provided under any circumstance.
3. Lost or stolen towels will be the responsibility of those using the service and result in a \$10 replacement charge.
4. Towels are also available on a daily basis for \$1 per towel.

## **Lost and Found**

1. The Lost and Found is located at the ProShop on Lower Level One of the Fitness and Recreation Center.
2. In order to claim any lost items, a Property Claim Form must be completed at the ProShop to claim any lost items.
3. Personal hygiene items such as shampoo, soap, deodorant, etc. will be disposed of each day at closing time. Other items will be kept for 14 days and then donated to charity.
4. Lost BU ID's will be placed at the Membership Desk for retrieval.

# GERALD TSAI JR. FITNESS CENTER

## RULES AND REGULATIONS

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. The use of Boston 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.

### Group Exercise and Multipurpose Rooms

1. Please follow the instructor's routine and keep conversation to a minimum for your safety and the safety of others.
2. Entering a class in progress is prohibited. Please be on time and refrain from entering the classroom before the current class has finished.
3. Individual use of the facility stereo equipment is prohibited.
4. Return equipment to the proper storage area when class is finished.
5. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.
6. Personal belongings must be kept in a locker or cubby where available.
7. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
8. The use of cell phones is prohibited.

### Weight and Cardiovascular Rooms

1. Participants must be 16 years of age or older. Fitness and Recreation Center staff reserves the right to request identification at any time for proof of age.
2. Cardiovascular machine use is limited to 30 minutes.
3. Equipment must be wiped down after each use.
4. Personal training other than that which is scheduled through the Physical Education, Recreation and Dance department is prohibited.
5. All dumbbells, weights and weight plates must be re-racked after use.
6. All equipment must be used in the manner for which it is designed. Standing on benches or equipment frames is prohibited.
7. Intentionally slamming or dropping weights is prohibited.
8. Report all injuries to EMT staff immediately.
9. Individuals are responsible for checking equipment prior to each use. Broken or damaged equipment and/or equipment malfunctions should be reported to the Fitness and Recreation Center staff immediately.
10. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.
11. Personal belongings must be kept in a locker or cubby where they are available.
12. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
13. The use of cell phones is prohibited.

# AQUATIC CENTER

## RULES AND REGULATIONS

These guidelines and regulations are designed for your safety, health and comfort as mandated by the Commonwealth of Massachusetts Health Code and Boston 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.

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. The use of Boston 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.

### Competition and Recreation Pools

1. Swimmers must take a cleansing shower before entering the pool.
2. Swim caps are required for all swimmers. Long hair must be tucked up inside swim cap. Children under the age of 6 do not need to wear a cap.
3. A lifeguard must be on duty in the chair before anyone may get in the water.
4. Please walk on the pool deck. No running.
5. 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.
6. No glass on the pool deck, seating area or locker rooms. Only water in an enclosed, unbreakable container is allowed on the pool deck.
7. No food or chewing gum allowed in the pool or on the pool deck.
8. Street shoes are prohibited on the pool deck.
9. Regular swimsuits are required attire for all swimmers. No t-shirts, cut-offs, or under garments allowed.
10. Spitting and otherwise contaminating the pool, pool floors, walkways, aisles or dressing rooms is prohibited.
11. Diving is prohibited in the Recreation Pool.
12. All diving board use is prohibited except for class participants.
13. No walking across bulkhead or swimming under bulkhead.
14. Please do not leave bags, street shoes or clothes on the pool deck or benches. Use the day lockers in the pool hallway.
15. The maximum number of swimmers in each lane is six. Please be aware of how many people are already in the lane that you are selecting.
16. Lanes with more than 2 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.
17. 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.

18. Do not swim in a lane or area that is marked off for a class or swim team. Only swim in designated lap lanes. If you are unsure of open lanes, please ask the lifeguard.
19. During any open lap swim hours, one of the on-duty lifeguards will be available to administer boating swim tests for those who require them for boating registration. Testing must take place in the Competition Pool.
20. Kickboards and pull-buoys are available for lap swimmers. Please return them to the storage bin after use.
21. When the lifeguard signals the end of a recreational or lap swim, please leave the pool area promptly.
22. Language and behavior should be appropriate for a family setting.
23. The use of oils and body lotions is prohibited.
24. 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 Competition Pool 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. Non-swimming children are not allowed in the competition pool.
25. 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.
26. 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.
27. No diapers allowed in the pool. Children that are not toilet trained should wear cloth, washable and reusable swim diapers. Please do not use disposable swim diapers, as they disintegrate in the warm water. Cloth swim diapers are available for sale in the Pro Shop.
28. No swim aids such as "water wings", Styrofoam bubbles, 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 non-swimmer.
29. If a lifeguard feels your swimming level is not adequate for the Competition Pool (7'-13.5' deep), you may be asked to leave or use the shallow Recreation Pool.
30. Private lessons may not be given by non-BU Aquatics staff at any time.
31. The use of cell phones is prohibited.

## **Spa and Sauna**

1. The spa is open only during posted open recreation hours in the Recreation Pool. A lifeguard must be on duty.
2. Participants must take a cleansing shower before entering the spa and/or sauna.
3. 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 spa. If you have a bandage on a minor cut, dispose of it before entering the pool area.
4. No children under the age of 13 are allowed use of the spa.
5. It is recommended that elderly persons, pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure should not use the spa until they consult with their physician.
6. Do not use the spa when the water temperature is greater than 104 F.

7. The use of oils and body lotions is prohibited.
8. Individuals should observe a reasonable time limit in the spa or sauna (10 minutes). Long exposures may result in health complications such as dizziness, nausea or fainting.
9. For sanitary reasons, sauna users must sit or lie on towels.
10. Individuals must take a shower before entering the pool after leaving the saunas.
11. Individuals may not completely submerge themselves in the spa.
12. Personal belongings must be kept in a locker or cubby where they are available.
13. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
14. The use of cell phones is prohibited.

## **Electrical Storm Closing Policy**

Due to the threat of electrocution from a lightning strike, the swimming pools will close in the event of a lightning storm. Although the building has a lightning protection system, including the pool structure being bonded and grounded, there is still a possible risk of shock through the underground metallic network and large surface area of the water. FitRec has taken the recommendation of the National Lightning Safety Institute and the American Red Cross to close all indoor swimming facilities during an electrical storm. When the first lightning strike is seen or thunder strike heard, the pools will be cleared and area closed. The pools will reopen 30 minutes after the last lightning is seen or thunder heard.

# **ADDITIONAL FITNESS AREAS**

## **RULES AND REGULATIONS**

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### **Gymnasia**

1. Since all games are self-monitored, good sportsmanship and proper conduct are expected at all times.
2. Black-soled shoes and other marking shoes are prohibited on the playing floor. Fitness and Recreation Center staff reserves the right to make decisions at their discretion.
3. When the gymnasium is crowded, courts may be broken down into half-court games to accommodate more people. Fitness and Recreation Center staff reserves the right to modify games based on participant needs.
4. Some scheduled activities in the gymnasium may take priority over open recreation. Any changes in the schedule will be posted on our website

([www.bu.edu/fitrec](http://www.bu.edu/fitrec)). You can also call the Recreation hotline at 617-353-4141.

5. Grabbing or hanging on the nets or rim is prohibited. Violators will be suspended from the facility for at least the remainder of the day.
6. Baseball, football, frisbee and other activities deemed unsafe in the gymnasium environment are prohibited unless special permission is obtained from the facility manager. Soccer, volleyball and badminton are only permitted in specified places at designated times.
7. Net Preference: badminton, soccer and volleyball will have priority over other unscheduled activities on certain days. Please refer to the posted schedule for specific information on informal recreation activity times.
8. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.
9. Personal belongings must be kept in a locker or cubby where they are available.
10. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
11. The use of cell phones is prohibited.

## **Open Recreation Rules**

1. Basketball: Games are played to 11 points, win by two. Winners stay, losers rotate off. Winning teams may stay on the court for no more than two consecutive games.
2. Volleyball: Games are played to 15 points. Winners stay, losers rotate off. Winning teams may stay on the court for no more than two consecutive games.
3. Soccer: Games are played for 20 minutes. The team with the most points after 20 minutes may stay, the losing team rotates off. Winning teams may stay on the court for no more than two consecutive games.
4. Badminton: Games are played to 11 points. Winners stay, losers rotate off. Winning teams may stay on the court for no more than two consecutive games.

## **Racquetball and Squash Courts**

1. All players must check in at the ProShop prior to entering their reserved court. ID is required for verification. Failure to check in by 10 minutes past the scheduled playing time will result in court forfeiture and courts will be reassigned to those on a waiting list.
2. Racquets and balls are available for rent and purchase at the ProShop. Equipment borrowers assume full responsibility for rental equipment.
3. All metal racquets must have protective guards and handle straps.
4. The use of approved polycarbonate closed eye guards is required. These may be purchased at the ProShop.
5. Courts are open during posted hours.
6. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.

7. Personal belongings must be kept in a locker or cubby where they are available.
8. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
9. The use of cell phones is prohibited.

## **Racquetball and Squash Court Reservations**

1. Individuals may reserve courts for the same day or one day in advance by contacting the ProShop at 617-358-7767 or in person during regular hours of operation.
2. All courts will be reserved on a first come, first served basis at the ProShop.
3. Courts may be reserved one day in advance only. Each person may make only one advanced reservation per day.
4. Reservations will be accepted for only one hour per person per day. Playing partners may not reserve courts for back-to-back hours. Stacking of reservations for extended play is prohibited and could result in dismissal from the facility for at least the remainder of the day.

## **Indoor Jogging Track**

1. Run and/or walk clockwise on Monday, Wednesday, Friday and Sunday.
2. Run and/or walk counterclockwise on Tuesday, Thursday and Saturday.
3. The outer two lanes are reserved for walkers (slow).
4. The inner two lanes are reserved for runners (fast).
5. Faster runners have the right of way.
6. Stretching areas are located in various areas around the track-walls. Railings are NOT to be used as stretching aids.
7. The track is available unless otherwise posted.

# **THE BARRECA CLIMBING WALL**

## **RULES AND REGULATIONS**

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The Fitness and Recreation Center houses a 35-foot climbing wall complete with 9 belay stations and a caved bouldering area. Climbing is an assumed Risk. Climbers must agree to all rules and regulations of the climbing facility.

The Fitness and Recreation Center Barreca Climbing Wall reserves the right to add or change policies. Any such additions or changes to these policies will be posted at the Barreca Climbing Wall. Climbers and others using the Fitness and Recreation Center are required to inform themselves of new rules or rule changes.

## **Climbing**

1. All climbers must pass a belay qualification text administered by climbing wall staff prior to roped climbing.
2. In order to provide visual safety verification, all roped climbers and belayers must display their qualifier card while participating in roped climbing.
3. Climbing qualifier cards are non-transferable.
4. Climbers must tie directly into their harness, through all captured tie in points, using a retraced figure 8 knot with a double fisherman's backup.
5. Locking carabiners must always be used with belay devices.
6. Climbers must check themselves and their partner for correct gear, knots, and set-up of belay system.
7. The brake hand must never leave the rope.
8. Belayers must belay directly from their harness and not from a fixed anchor point.
9. No sitting or lying down while belaying.
10. During free climbing hours, at least one climbing wall staff member is always available. Climbing is only permitted during open wall hours with climbing wall staff supervision.
11. Climbers must check in with the Fitness and Recreation climbing wall staff before using the climbing wall.
12. Fitness and Recreation Center staff has the right to revoke climbing privileges either temporarily or permanently for unsafe or inappropriate behavior, which shall be determined by the Fitness and Recreation staff in their sole and absolute discretion.
13. Only CE certified equipment is allowed to be used. Rental equipment is available.
14. Personal equipment is allowed at the discretion of the Fitness and Recreation Center climbing wall staff.
15. No barefoot climbing.
16. No hard sole shoes are allowed on the padded carpet at the base of the climbing wall.
17. Chalk balls only – no loose chalk.
18. Climbers must use correct climbing commands.
19. Respect the space of other climbers.
20. All personal items must be kept outside of the climbing area.
21. Food, beverages, and chewing gum are not permitted in the climbing area.
22. Route setting shall be performed only by authorized Fitness and Recreation Center climbing wall staff.
23. Report all accidents, loose holds or damaged equipment to the Fitness and Recreation Center climbing wall staff.
24. The use of cell phones is prohibited.

## **Bouldering**

1. Everyone is qualified to use the bouldering structure.
2. Climber's hands must not be above the horizontal demarcation.
3. No topping out on the bouldering structure.
4. No bouldering below roped climbers.
5. Spotter(s) recommended while bouldering. If unsure, ask the Fitness and Recreation Center climbing wall staff for safe spotting techniques.
6. Use crash pads while bouldering.

## Family Climbing

1. All children ages 12 and under must wear a helmet while climbing.
2. Children 8 years of age or younger OR weighing less than 80 pounds must wear a full body harness; OR a chest harness used in conjunction with a sit harness.
3. During regular open hours, qualified parents may belay their own children. If parents are not qualified, children may be delayed twice by climbing wall staff, provided that there are no other climbers in the climbing area and supervisors are available to delay.

## FACILITY RESERVATIONS

If you are looking to reserve one of the spaces in the Fitness and Recreation Center for your event, please visit our website at [www.bu.edu/fitrec/facilities/reserve](http://www.bu.edu/fitrec/facilities/reserve) for facility specifications.

Individuals may make a reservation by contacting the Facility Office at 617-358-3740. The Facility Office will be able to provide a cost based on your event needs. Requests do not guarantee that a room or facility will be reserved. A signed contract and payment will be necessary to secure your reservation date. Please note any audio, visual or equipment requests when making the initial request for a reservation. Food and beverages are prohibited unless permission and a food permit are obtained from Fitness and Recreation Center staff.

## EMERGENCY PROCEDURES

The Department of Physical Education, Recreation and Dance employs Emergency Medical Technicians who are on-duty in the Fitness and Recreation Center during all hours of operation. They remain on duty until all recreational, instructional, intramural and club sport programming have been completed for the day.

In the event of a medical emergency inside the facility, please notify Fitness and Recreation Center staff immediately and they will summon the EMT. Fitness and Recreation Center staff can always be located in the Tsai Fitness Center, Membership Desk, and ProShop. The Emergency Medical Technician will assess the patient and determine what medical treatment is needed. The EMT may be able to render care on site or the patient may be brought to a designated first aid treatment room within the facility. If further medical evaluation or care is required, the EMT may arrange for an ambulance or another appropriate mode of transportation for the patient to a medical facility.

If you are unable to locate a staff member, please call the **Boston University Police Department at (617) 353-2121**. You should inform them of your name, your location within the facility, and a description of the situation. They will dispatch

an officer and an ambulance to the facility. If possible, have someone meet the ambulance and guide them to the patient.

## PARKING

Parking at the Fitness and Recreation Center is limited. Members are encouraged to use public transportation when possible.



There are parking lots located adjacent to the Fitness and Recreation Center. Boston University's Agganis Arena parking garage (Lot A) and surface lots (Lot C-2) are available. Lot C-1 is now permanently closed.

### Permit Parking

Lot A and C-2 will be available to Charles River Campus employees with valid Green and Red permits or University Guest Passes on a space available basis (on non-event days only).

Medical Campus permits are accepted on the Charles River campus with the same restrictions. A valid daytime permit for the Medical Campus (Gold Stickers) will be honored at Lot A and C-2 on a space available basis (on non-event days only). Evening permits at both Charles River and at the Medical Campus will both be honored after 4 p.m. (on non-event days only).

### Non-Permit Parking

The Agganis Arena parking garage (Lot A) and surface lot C-2 will be available to Fitness and Recreation Center members and visitors at hourly and daily cash rates (\$1.00 per hour for up to 8 hours a day) during non-event days. Agganis Arena event parking restrictions apply.

### Agganis Arena Event Parking Restrictions

Most performances and sporting events at the Agganis Arena take place during the evening and on weekends. Permit holders will be restricted from parking in the Arena facilities during events and 90 minutes prior to the start of a weekday and weekend evening performance. In addition, Arena parking facilities will be

closed to permit holders on the day of some weekday and weekend matinee performances and University events (Spring Open House, Commencement, etc.). Permit holders wishing to park in West Campus during a scheduled Arena event will be directed to an alternate parking facility, subject to availability.

### **Event Notification**

The Office of Parking Services and the Agganis Arena staff will notify permit holders in advance of event parking restrictions through the use of flyers, signs and event calendars. You may visit the Agganis Arena website at [www.bu.edu/agganis/](http://www.bu.edu/agganis/) to view their upcoming events calendar.