

# Play at the Rec on Crash Day

## THINGS YOU NEED TO KNOW



On Crash Day, your nametag and lanyard make you a member of YSU Campus Rec beginning at 1 p.m. until Andrews Student Recreation and Wellness Center closes! Locker rooms, showers, towel service and locks are available to make your experience convenient! Ask the Rec staff for details.

### Crash Day Rec Activities for Guests!

You are welcome to participate in all of the following Rec Center activities on Crash Day:

- **Walk** or jog on the indoor track
- **Participate** in a Group X class
- **Utilize** our fitness equipment (*age restrictions apply*)
- **Join** a pick-up basketball game
- **Play** racquetball
- **Explore** the Wellness Resource Center
- **Spend** some quiet time in our mediation room

Please visit our website at <http://web.yosu.edu/reccenter/> to see hours of operation, class schedules and specific policies and procedures for each areas and program.

TAKE NOTE!



## DRESS REQUIREMENTS FOR THE REC

Appropriate dress is required for personal safety and maintenance of equipment and facilities. Lockers and locks are available at no additional cost to store personal belongings.



- Closed-toe, rubber-soled athletic footwear (tennis shoes) required – no boots, flip flops, sandals, open-toe, or “croc” type shoes are permitted.
- Clothing free of buttons, rivets, zippers, metal studs and/or snaps, is required in the strength and conditioning area, sports forum, racquetball court, and aerobics studio.
- Full-sleeved t-shirts are required in the strength area. No tank tops or cut-offs are permitted.
- No midriff, sports bras, or overly revealing shorts allowed in activity spaces.
- Street clothes are prohibited in the strength and conditioning area, sports forum, racquetball courts, and aerobics studio.

If you have questions about using the Rec and what is offered, call Brandy Schumaker at 330-941-3488.

## Rec Center Participant Waiver

This waiver must be signed in order to use the Rec Center on Crash Day. Additional copies will be available at the Rec on the day of the event.

Please print legibly. All information is required to process registration.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Driver License Number: \_\_\_\_\_

Address: \_\_\_\_\_

### ACKNOWLEDGEMENT, ASSUMPTION OF WAIVER AND INDEMNIFICATION

Many programs, activities and workshops involve substantial risks of injury and other dangers associated with participation in such recreational activities. Dangers include but are not limited to: broken bones, sprains, bruises, concussion, and heart attack. Each participant using the Andrews Student Recreation and Wellness Center should realize that there are inherent risks, hazards and dangers involved with participating in a Campus Recreation program. It is the responsibility of each participant to engage only in activities for which he/ she have the prerequisite skills, qualifications and training. **It is the participants' responsibility to follow the instruction of the activity leader/ staff during the activity and or any emergencies.** The participant is responsible for monitoring their own physical condition throughout the duration of this program and should cease participation if any unusual symptoms (such as but not limited to: shortness of breath, dizziness, cramps, dehydration, increase of heart rate, respiratory failure, cardiac arrest, stroke or other injury) occur.

In signing this consent form, I affirm that I have read the following notice carefully and understand the inherent risk of participating in a Campus Recreation program or use of a facility. I understand that the nature of this activity may involve certain dangers and risks, and I hereby voluntarily assume all risks of accident, damage or injury, including death, that I may sustain in any way from participating in the aforementioned activity. I, along with my family, heirs, and personal representatives do hereby release and forever discharge Youngstown State University, the Department of Campus Recreation and their agents and employees from any liability for personal injury, death, or property damage of any kind sustained in any manner arising or growing out of my participation in a Campus Recreation program. I agree to indemnify and hold harmless Youngstown State University from any and all claims, liability, loss and expense, including but not limited to damages, legal expenses and costs of defense, and any claims of any nature whatsoever, in any manner, arising from my participation in a Campus Recreation program.

**Participant Signature or of Parent of Guardian if under 18 years of age**

\_\_\_\_\_

Date \_\_\_\_\_

Youngstown State University  
Department of Campus Recreation