
The Pioneer Activity Center Welcome Center (check-in desk) is located on the lower level of the Multi-Purpose Room/200m Track Area. Hours for the Welcome Center and other PAC facilities for the Academic year, Winter and Spring breaks and summer 2020 are listed below.

**ACADEMIC YEAR 2019 – 2020**

<table>
<thead>
<tr>
<th>UNIT</th>
<th>Monday-Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Center</td>
<td>6am – 11pm</td>
<td>6am – 9pm</td>
<td>9am – 8pm</td>
<td>12 – 9pm</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>6am – 11pm</td>
<td>6am – 9pm</td>
<td>9am – 8pm</td>
<td>12 – 9pm</td>
</tr>
<tr>
<td>Wood Court Area</td>
<td>6am – 11pm</td>
<td>6am – 9pm</td>
<td>9am – 8pm</td>
<td>12 – 9pm</td>
</tr>
<tr>
<td>Multi-Purpose Room 200m Track Area</td>
<td>6am – 8am, Noon- 1pm, 7 – 10pm</td>
<td>6am – 8am, Noon- 1pm, 6 – 9pm</td>
<td>Noon -2pm</td>
<td>Noon – 2pm</td>
</tr>
<tr>
<td>Pool – Lap Swim (2 lanes for lap swim)</td>
<td>7 – 10pm (Scuba Class Tuesday)</td>
<td>6:00-9pm</td>
<td>2pm – 7pm</td>
<td>2pm – 7pm</td>
</tr>
<tr>
<td>Pool – Open Swim</td>
<td>6am – 8am, 4-7pm</td>
<td>10 -2pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Wood Court Area</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
<td></td>
</tr>
</tbody>
</table>

**WINTER and SPRING BREAK**

<table>
<thead>
<tr>
<th>UNIT</th>
<th>Monday - Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Center</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Wood Court Area</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Multi-Purpose Room 200m Track Area</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Pool – Lap Swim</td>
<td>6am – 8am, 4 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Pool – Open Swim (2 lanes for lap swim)</td>
<td>6am – 8am, 4-7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
</tbody>
</table>

**SUMMER**

<table>
<thead>
<tr>
<th>UNIT</th>
<th>Monday - Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Center</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Wood Court Area</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Multi-Purpose Room 200m Track Area</td>
<td>6am – 8am, 12 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Pool – Lap Swim</td>
<td>6am – 8am, 4 – 7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
<tr>
<td>Pool – Open Swim (2 lanes for lap swim)</td>
<td>6am – 8am, 4-7pm</td>
<td>10 -2pm</td>
<td>Closed</td>
</tr>
</tbody>
</table>
The Pioneer Activity Center is the Athletic and Recreation facility on the UW-Platteville campus where students, faculty and staff and community members can come to address their desire to be more active and achieve a healthier lifestyle. The 120,000 square foot facility has a multitude of activity spaces located throughout the on-campus complex which includes a 6 lane, 25 yard swimming pool; a multi-purpose activity facility that contains a 6 lane, 200m track; 4 synthetic basketball/volleyball/tennis courts; 3 racquetball courts; 3 wood basketball courts primarily for informal play; 2 group exercise studios; a dedicated stretching/classroom; a Queenax Functional Training system; a cardio loft housing 50 pieces of assorted pieces of cardio equipment ranging from treadmills, ellipticals, stair steppers, stationary bikes and rowers; and an 18,000 square foot strength facility consisting of a functional training area, a selectorized, plate loaded weight equipment area, a dumbbell area and a free weight area consisting of 10 rack stations for Power and Olympic lifts.

The Department of Athletics provides comprehensive program that provides unique opportunities for recreation, wellness, and student development; promotes healthy lifestyles to the university and surrounding communities through personal and team challenges, hands-on educational experiences, and competitive activities; aids in student recruitment and retention; and supports the university’s core values and diversity initiatives to enhance the quality of life through the balance of work and play. To this end, policies outlined here are established to ensure a safe, secure, and welcoming environment for all. All UW-Platteville policies and procedures are always enforced.

Enforcement and interpretation of all policies is at the sole discretion of the Athletic Department and Pioneer Activity Center Professional Staff. Policy violations, theft, malicious use of equipment, defacing of PAC and Athletic Department facilities, solicitation, verbal abuse of employees/users, or violations of other university policies, including the UW-Platteville Code of Conduct, may be investigated per procedures established by the University. Sanctions, such as removal from a facility, revocation of privileges, prosecution, or referral of students to the Office of the Dean of Students, may be imposed.

Patrons are responsible for familiarity with and adherence to all Pioneer Activity Center policies. Policies are subject to change; refer to the Pioneer Activity Center website for updates: www.campus.uwplatt.edu/pac.

ASSUMPTION OF RISK

Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injury. Some activities involve strenuous exertions of strength using various muscle groups; some involve quick movement involving speed and change of direction, others involve sustained physical activity, which places stress on the cardiovascular system. All participation in Pioneer Activity Center activities and programs is voluntary and at the user’s own risk.

1) All patrons excluding current UW-Platteville students must complete a UW-Platteville Pioneer Activity Center Hold Harmless Statement and Release of Liability form prior to initial use. Parent or guardian must complete the document on behalf of minors.
2) Participants are required to report all accidents, injuries, and incident (i.e. theft, broken and malfunctioning equipment, etc.) to Pioneer Activity Center staff and complete an incident/accident report in entirety at the time of occurrence.
3) Pioneer Activity Center is not responsible for loss or theft of personal belongings. In the case of lost or stolen belongings, patrons are encouraged to immediately complete an “Incident Report Form” at the PAC Welcome Center and report the incident to the UW-Platteville Police at 608-342-1584.

____________________________________________________
ACCESIBILITY AND ACCOMODATIONS

- Handicap parking adjacent to all facility entrances/exits. UW-Platteville parking pass required.
- East and West main entry doors equipped with electric door openers.
- Braille signage for the visually impaired indicating room numbers.
- Elevator access to all levels of the Pioneer Activity Center.
- Accessible restrooms on all levels.
- Accessible locker rooms and showers.
- Accessible training equipment.
- Accessible seating area in MPA and pool area.

Patrons and guests with disabilities are requested to indicate if special services, assistance, or appropriate modifications are needed to gain access into a facility or to fully participate in a program and/or facility. Please contact the PAC office at 608-342-1568 or the SSWD office at 608-342-1818.

____________________________________________________
FACILITY ACCESS AND AGE REQUIREMENTS

1) Memberships, Group Exercise Punch Passes, Guest and Daily Passes can all be purchased at the PAC Welcome Center located on the lower level of the Multi-Purpose area of the PAC.
2) All individuals entering the PAC for usage are required to maintain an active membership or purchase a Guest or Daily pass. Children under the age of 3 may access the facility free of charge.
3) Full-time undergraduate and graduate students receive a PAC Membership. Part-time students may purchase a PAC Membership at the Welcome Desk for a nominal fee.
4) Participation in Group Exercise classes require members or non-members to purchase a “Group Exercise Punch pass” which must be presented to the class instructor prior to the start of each class attended.
5) PAC Memberships and Guest/Daily/Punch passes are non-transferable.
6) All patrons excluding current UWP students must complete a UW-Platteville Pioneer Activity Center Hold Harmless Statement and Release of Liability form prior to initial use. Parent or guardian must complete the document on behalf of minors.
7) Members must present University issued credentials for subsequent entry into the PAC.
8) All children under the age of 16 must always be accompanied by an adult of at least 18 years of age in the facility.
9) Presenting a false ID or otherwise attempting/aiding unauthorized access to the facilities (i.e. holding the door open) is prohibited; violations result in revocation of facility use privileges and disciplinary actions including but not limited to referral to the UWP police and/or Dean of students.

10) Animals are not permitted in the facility except for licensed guide/medical dogs and/or the permission of the PAC Manager on a case by case basis.

11) University activities/events, Athletic and Recreation Department programs/events and/or contracted events may restrict facility access.

| FACILITY USAGE/PROGRAM FEE STRUCTURE |

Membership Fee Schedule:

<table>
<thead>
<tr>
<th>Faculty/Staff</th>
<th>Annual</th>
<th>Semester</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$114.00</td>
<td>$75.00</td>
<td>$54.00</td>
</tr>
<tr>
<td>Family</td>
<td>$142.00</td>
<td>$101.00</td>
<td>$75.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General Public</th>
<th>Annual</th>
<th>Semester</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$194.00</td>
<td>$128.00</td>
<td>$94.00</td>
</tr>
<tr>
<td>Family</td>
<td>$250.00</td>
<td>$181.00</td>
<td>$134.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Senior Citizen (62 &amp; over)</th>
<th>Annual</th>
<th>Semester</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$120.00</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Household of 2 Seniors</td>
<td>$170.00</td>
<td>NA</td>
<td>NA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monthly</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$80.00</td>
</tr>
<tr>
<td>Family</td>
<td>$87.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weekly</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$25.00</td>
</tr>
<tr>
<td>Family</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UW-PLATTEVILLE</th>
<th>SEMESTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student - Enrolled in classes</td>
<td>$0.00</td>
</tr>
<tr>
<td>Family – Enrolled in classes</td>
<td>$45.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UW-Platteville Student Summer Memberships</th>
</tr>
</thead>
<tbody>
<tr>
<td>UW-Platteville Student</td>
</tr>
<tr>
<td>UW – Platteville Student - Enrolled in classes</td>
</tr>
<tr>
<td>UW – Platteville Student - Family – Enrolled in classes</td>
</tr>
<tr>
<td>No Summer Credits (must be registered for Fall 2020)</td>
</tr>
<tr>
<td>Graduated UW-Platteville or Non- UWP Student</td>
</tr>
</tbody>
</table>
Group Exercise Punch Pass:

Participants are required to purchase a PAC Group Exercise Punch Pass to participate in the program. Pass holders can attend any class offered through the PAC Group Exercise program. Instructors will validate passes at the beginning of each class session.

Passes are available for purchase at the Pioneer Activity Center “Welcome Desk – Control Room” in the lower-level of the Multi-Purpose Room. There are three (3) pass options available:

10 Punches - $30.00  20 Punches - $50.00  30 Punches - $60.00

Passes are valid for one-year from date of purchase. Passes are non-transferable.

Faculty – Staff Mid-Day Punch Pass:

The Mid-Day Punch Pass provides an option for UW – Platteville Faculty and Staff members interested in utilizing the PAC during the work week between the hours of 11:30am – 1:30pm. Passes will be validated during check-in each visit to the facility.

Passes are available for purchase at the Pioneer Activity Center “Welcome Desk – Control Room” in the lower-level of the Multi-Purpose Room. There are three (3) pass options available:

10 Punches - $30.00  20 Punches - $50.00  30 Punches - $60.00

Passes are valid for one-year from date of purchase. Passes are non-transferable.

Guest Pass:

1) Guests pass fees are $3.00 per person/per day. Guests shall be accompanied by a member to receive the $3.00 guest fee for admission. There is no limit to the number of guests or number of days a guest may enter the facility. All guests are required to complete a UW-Platteville Pioneer Activity Center Hold Harmless Statement and Release of Liability form prior to initial use. Parent or guardian must complete the document on behalf of minors.

Daily Pass:

1) Daily pass fees are $5.00 per person/per day. Daily pass holders are required to complete a UW-Platteville Pioneer Activity Center Hold Harmless Statement and Release of Liability form prior to initial use. Parent or guardian shall complete the document on behalf of minors.

Half - Locker Memberships:

Half-Lockers are available to reserve for either a semester at a time or for an entire calendar year to all PAC Members. Locker Memberships are available for purchase at the Pioneer Activity Center “Welcome Desk – Control Room” in the lower-level of the Multi-Purpose Room.

1) Semester Rate: $10.00  2) Calendar Year Rate: $20.00
1) Electronic devices can be used for listening to music or timing activities.
2) Electronic devices can be used for reading and watching video in non-activity zones of the PAC or when utilizing exercise equipment in the cardio loft.
3) Earphones or earbuds are to be worn when using a device with the volume set at a level that cannot be heard by other patrons.
4) Taking videos or pictures including apps such as Snapchat or any other video chat application is prohibited w/o PAC Manager authorization.
5) Texts or phone calls to be made or received while at the PAC are to occur in non-activity zones such as the lobby area, hallway or out of play areas within or outside of the activity center. It is imperative that such activities do not disrupt other users and don’t present safety issues for yourself or other users. Phone usage or any other video recording devices are prohibited from being used in locker rooms and restrooms as privacy and/or legal implications could arise because of such actions.
6) If you are unsure of any portions of the information listed above, please consult a PAC staff member or facility manager for further clarification regarding the policy.

---

**GENERAL FACILITY POLICIES**

1) Membership to the Pioneer Activity Center is open to university faculty, staff, community members, full-time students (12 credits or more) and part-time students (less than 12 credits) for a fee. Full-time students receive a membership through payment of segregated fees. Students who drop below full-time status may be subject to additional fees to keep their membership current and active.
2) All members use of the facility at their own risk. They accept full responsibility for any injury that results from participation in the use of the PAC.
3) Behavior detracting from the enjoyment or safety of others is prohibited (i.e. aggressive/disruptive play, use of abusive/profane language, etc.) PAC staff reserve the right to refuse admittance or to request individuals to leave the facility.
4) Members are responsible for their own property. The PAC is not responsible for loss, theft or damage. Members accept full responsibility for any injury that results from participation in the use of the PAC.
5) Damage to PAC property shall be paid for by any user who causes such damage. University disciplinary action and/or prosecution may occur.
6) Before a user exercises, he/she must check in at the Welcome Center or another designated check-in location with their university issued ID or membership card.
7) Users are required to dress appropriately for the activity they are engaged in. See specific activity area rules for more details.
8) Users are encouraged to bring a 2nd pair of shoes for use in the facility when outdoor conditions merit such actions. This will help with facility upkeep and appearance over the long run.
9) Water and Sports drinks in sealed containers are permissible for use in the PAC.
10) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.
11) Welcome Desk and Control Desk areas are to be accessible to on-duty PAC Staff members.
12) Any PAC user in need of first aid, feeling ill and/or observes another user with a potential health concern should contact a PAC staff member immediately to address the situation.
13) Users are encouraged to ask questions regarding the use of exercise equipment and to follow specific instructions regarding the proper usage for safe, positive results.
14) Users are expected to treat all persons in the PAC with respect and courtesy. Violators will be asked to leave the facility and a report will be forwarded to the Dean of Students office for review. UWP Police will be called in to address situations that merit their involvement.
15) Users who are under the age of 18 must have a parent or guardian with them to access and utilize the facility. See PAC specific areas for additional policies regarding minors.

**LOCKER ROOMS/RESTROOMS**

1) Lockers are available to be rented. Inquire at the PAC Welcome Center for more details.
2) The Pioneer Activity Center is not responsible for loss or theft of personal belongings. It is recommended that users do not leave valuable belongings in any cubbies or unlocked lockers. In the case of lost or presumed stolen belongings, users are encouraged to immediately complete a PAC Incident Report Form at the Welcome Desk and report the incident to UW-Platteville Police.
3) Day use lockers are to be emptied out each day.
4) Diaper changing is restricted to locker rooms and restrooms.
5) Running and rough play is prohibited in locker rooms and hallways.
6) Cell phone and/or electronic recording devices are prohibited to be used in all publicly accessible locker rooms and restrooms.

**GROUP EXERCISE**

1) Purchase of a Group Exercise Punch pass and completion of the Group Exercise Consent and Liability Waiver is required for participation.
2) A Group Exercise Punch pass must be presented at the start of each class.
3) A Group Exercise Punch pass can be used for any PAC sponsored class taught in the facility.
4) Programs may be strenuous; it is recommended that participants consult a physician to determine fitness level before beginning any exercise program.
5) Participation is first come, first served. Instructors reserve the right to determine class minimums and maximums based on equipment and facility space.
6) Class schedules are subject to change or cancellation.
7) It is recommended for safety reasons that participants attend entire class for appropriate warm-up and cool down.
8) Water and Sports drinks in sealed containers are permissible for use in the PAC.
9) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.
10) Equipment utilized during class must remain in the studios/facility and be returned to the designated storage location at the end of each class session.

PERSONAL TRAINING

Personal training inquiries can be made with the Pioneer Activity Center Manager.

OUTDOOR RECREATION

Outdoor Recreation inquiries can be made with Mark Sethne, Outdoor Recreation Director at 608-342-1122.

INTRAMURAL SPORTS

Inquiries regarding Intramural Sports can be made with the Pioneer Activities Center Main office at 608-342-1568.

FACILITY GROUP USE AND RENTALS

Inquiries regarding the use of the PAC for an event can be made with the Pioneer Activities Center Main Office at 608-342-1568.

PARKING

1) Commuter parking permits are available for purchase to anyone who has purchased a Pioneer Activity Center membership.
2) Commuter Parking lots P25 and P26 are located on the east and west sides of the PAC.
3) Contact the UW-Platteville Police for current permit fee prices.
4) Parking permits can be purchased at the UW-Platteville Police department.
5) Current payment options are in cash or check form.
6) Daily scratch off parking permits are available for purchase from University Police Department at Brigham Hall; at the Markee Student Center information desk or the Ullsvik Center Box Office.
7) Parking permits are required to park on campus between the hours of 8am – 4pm, Monday through Friday.

________________________MULTI-PURPOSE/TRACK ROOM AREA POLICIES____________________

2) Runners and joggers are to refrain from using lanes 1 and 2 to help reduce wear pattern.
3) Runners and joggers are asked to use lanes 3 and 4 with slower users staying to the outside.
4) Walkers are asked to use lanes 5 and 6 with slower walkers staying to the outside.
5) Track directions are counter clockwise on odd numbered days and clockwise on even numbered days.
6) Users are required to wear appropriate athletic attire which include wearing a pair of athletic shoes, a shirt with a full back and sides and athletic shorts, sweats or tights.
7) Practice proper etiquette – no profanity or obnoxious behavior will be tolerated.
8) Water and Sports drinks in sealed containers are permissible for use in the PAC.
9) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.

______________________RACQUETBALL AND TENNIS COURT POLICIES________________________

1) Courts can be reserved up to 48 hours in advance, or on Friday for Monday usage by an active member. Reservations can be made in person at the Welcome Desk or by phone.
2) Reservations are for a one-hour period.
3) A 10-minute courtesy hold on reservations is enforced; if users are not on the court within this time frame, the reservation is void and spaces become available to other PAC users.
4) 1-2 Tennis courts are available to be reserved Sunday through Thursday from 6:30-8:30pm.
5) 3 Racquetball courts are available to be reserved anytime open business hours.
6) Appropriate dress is required – Athletic footwear, shirt and shorts or sweats.
7) Protective eyewear is recommended for Racquetball play.
8) Please exit courts at the scheduled end time.
9) Practice proper etiquette – no profanity or obnoxious behavior will be tolerated.
10) Water and Sports drinks in sealed containers are permissible for use in the PAC.
11) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.
12) Racquets and protective eyewear are available to rent for $1.00/hour/item.
13) Balls are not available for rent or purchase.
BASKETBALL/VOLLEYBALL COURT POLICIES

1) Hanging on rims and nets is prohibited.
2) Users are required to wear appropriate athletic attire which include wearing a pair of athletic shoes, a shirt with a full back and sides and athletic shorts or sweats.
3) Practice proper etiquette – no profanity or obnoxious or rough behavior will be tolerated.
4) Water and Sports drinks in sealed containers are permissible for use in the PAC.
5) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.

SWIMMING POOL POLICIES

1) Showering before entering the swimming pool helps keep the water clean and sanitized.
2) Persons with skin infections, incontinence, communicable diseases, or open cuts are not to be swimming in the pool.
3) Only approved swim suits are permitted to be worn in the pool and on the pool deck. Ask a Lifeguard if you are unsure of attire.
4) No rude or obnoxious behavior permitted in the swimming pool or bleachers.
5) Water and Sports drinks in sealed containers are permissible for use in the PAC.
6) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.
7) Hyperventilating and extended breath activities are prohibited.
8) Scuba equipment/activities are not permitted during open or lap swim hours.
9) Swim diapers are required to be worn for diaper aged children; regular diapers prohibited.
10) Diving from the poolside is permitted in water at a depth of 10 feet or more.
11) Use of starting blocks is for competitive swimmers under the direct supervision of an authorized coach or instructor.
12) No running on the pool deck or in the bleacher area.
13) Direct and constant, in-water supervision is required for children 10 years of age and under.
   Same room supervision is required for children ages 11-17.
14) Children ages 8 – 17 may swim during lap swim (if capable of continuous swimming), open, or family swim when accompanied by a parent.
15) Personal floatation devices must be U.S. Coast Guard Approved.
16) Kickboards, pull bouys, snorkels, swim fins and swim noodles are permitted. PAC Lifeguards and Staff reserve the right to restrict use based on pool load and improper usage.
17) Lap swimming is permitted in designated lanes during open and lap swim hours. Lanes may be shared between two swimmers by splitting the lane side by side or by 2 or more swimmers by circle swimming in a counter clockwise manner. It is recommended that swimmers of similar skill levels/speed share lanes when space permits.
18) Execute lap swimming passes only at the wall to avoid collisions.
19) All activities must be scheduled and be approved by PAC Management prior to any such activity occurring in the facility.
Users are required to wear appropriate athletic attire which include wearing a pair of athletic shoes, a shirt with a full back and sides and athletic shorts, tights or sweats. Sandals, street shoes, clothing with snaps or zippers, and shirts that leave large areas of skin exposed are not permitted to be worn to exercise in at the PAC.

**Functional Training Area**

1) This area of the facility is for multi-joint movements with the equipment that is currently located and stored in this location.
2) Stretching activities may occur along the perimeter of the windows on the mats.
3) Benches and bars are not to be relocated to this area of the facility w/o prior PAC staff approval.
4) Return equipment to its proper location for safe storage immediately after use.
5) Periodic closures of parts of the functional training area may occur during the day for scheduled PAC classes and/or ICA team training.
6) Jackets, book bags, duffle bags, etc., are not permitted in the FTA – use locker rooms or cubbies near the weight/strength area to store clothes and personal belongings.
7) Personal training activities are only permitted by Pioneer Activity Center authorized personal trainers, coaches and instructors.
8) Wipe down equipment surfaces (i.e. handles, upholstery, mats, etc.) with PAC provided disinfectant immediately after use.
9) Practice proper etiquette – be courteous and helpful to fellow users - no profanity or obnoxious behavior will be tolerated.
10) Water and Sports drinks in sealed container are permissible for use in the PAC.
11) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.

**Weight/Strength Area**

1) Patrons must be 16 years of age or older to enter and use the weight/strength area. Children ages 14-15 are permitted access upon competition of orientation. Same room supervision is required.
2) Equipment is to remain in the weight/strength area.
3) Weight clips are recommended for barbell/curl bar exercises.
4) The use of a spotter while weight training is recommended.
5) Slamming or dropping weights excessively is prohibited.
6) Re-rack dumbbells and weight plates immediately after use.
7) Wipe down equipment surfaces (i.e. handles, upholstery, mats, etc.) with PAC provided disinfectant immediately after use.
8) Water and Sports drinks in sealed containers are permissible for use in the PAC.
9) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.
10) Compressed/bagged chalk is permitted rack stations. Clean up chalk residue on equipment and floors after use.
11) Jackets, book bags, duffle bags, etc., are not permitted in the weight/strength area – use locker rooms or cubbies near the weight/strength area to store clothes and personal belongings.
12) Personal training activities are only permitted by Pioneer Activity Center authorized personal trainers, coaches and instructors.
13) Practice proper etiquette – be courteous and helpful to fellow lifters - no profanity or obnoxious behavior will be tolerated.

Cardio Loft/Studio Area

1) Patrons must be 16 years of age or older to enter and use the Cardio Loft/Studio area. Children ages 14-15 are permitted access upon completion of orientation. Same room supervision is required.
2) Limit workout on cardio equipment to 30 minutes (including warm-up and cool down) when other users are waiting.
3) Wipe down equipment surfaces (i.e. handles, upholstery, mats, etc.) with PAC provided disinfectant immediately after use.
4) Personal training activities are only permitted by Pioneer Activity Center authorized personal trainers, coaches and instructors.
5) Jackets, book bags, duffle bags, etc., are not permitted in the cardio loft/studio area – use locker rooms or cubbies near the weight/strength area to store clothes and personal belongings.
6) Studio 1 and 2 are scheduled activity spaces for PAC classes and events, student club events and UW extension courses.
7) Practice proper etiquette – be courteous and helpful to fellow users - no profanity or obnoxious behavior will be tolerated.
8) Water and Sports drinks in sealed containers are permissible for use in the PAC.
9) Food, Gum and Tobacco products are not permitted within the activity spaces of the PAC.

Elevated Track Area

1) Patrons must be 11 years or older to use the elevated track area. Direct supervision is required for children age 15 and under.
2) Walking is to occur primarily in lane 3. Use lane 2 to perform passes.
3) Running is to occur primarily in lane 1. Use lane 2 to perform passes when space permits.
4) Spectating court activities is prohibited unless prior approval is attained from PAC Manager.
5) Transferring items between track and courts is prohibited.