

Introduction

The purpose of Recreation Services is to provide a comprehensive recreational programme to ensure students at Otago University and Otago Polytechnic maintain a healthy, balanced and active lifestyle. The pursuit of a healthy active lifestyle incorporates sport.

Recreation includes day and weekend trips around Otago, group fitness, social sport, recreational gear hire, exercise prescription, weight rooms, cardio room and court space for both the casual student user and organised groups such as sports clubs and Colleges.

Unipol Recreation Centre is located at University Plaza and houses the University of Otago School of Physiotherapy clinic and adjacent to reception is the University Plaza café.

The term Unipol reflects the two student bodies, **University** and **Polytechnic**.

Employment

Recreation Services offers students part time employment. This enables students to obtain valuable 'hands on' experience before graduating and increases employability. Training is provided. Please refer to <http://www.otago.ac.nz/recreation/employment/index.html> for further information.

Hours:

These hours remain the same throughout the year. The facility closes prior to Christmas and re-opens early in the New Year.

Mon to Fri: 6am to 11pm
Sat: 8am to 9pm
Sun: 9am to 11pm

Contact:

Recreation Services
Unipol Recreation Centre
University of Otago
130 Anzac Avenue
www.otago.ac.nz/recreation

General Rules and Regulations

Behaviour

- All users of the services are expected to display acceptable social behaviour at all times, including complying with the University Student Code of Conduct (including Otago Polytechnic Students) and facility expectations. Not complying with the policies and expectations may result in having all access privileges removed.
- Verbal and/or physical abuse toward an employee of Recreation Services will result in immediate dismissal from the facilities/playing field/course. Students will be answerable to the University Proctor and to the Student Code of Conduct.
- No alcohol, smoking, or illegal drugs are allowed in facilities. Failure to conform to this policy will result in being removed from the facilities including sports fields.
- No sparring involving physical contact, implements or weapons that the Recreation Centre staff (including student staff) deem unsafe is allowed.
- For health and safety, exercise appropriate clothing must be worn at all times. Including shoes, t-shirt/singlet, shorts, etc.
- Approval to place posters on noticeboards must be obtained from the reception staff.
- Recreation Services staff reserve the right to ask individuals to leave and deny facility and/or program access due to unacceptable social behaviour or failure to comply with relevant policies.

Identification

- A valid University of Otago/Otago Polytechnic student I.D must be shown to reception staff prior to entering Unipol Recreation Centre. Non students must show a valid membership card or pay the appropriate casual fee for entry.
- Failure to present a student I.D will result in a casual fee being applied. This is refundable upon presentation of a valid student I.D. within 7 days.
- A hand stamp is required to participate in the group fitness program. The student I.D is scanned at reception.
- Identification is required to enrol in group fitness, trips, social sport or hiring equipment both internally and externally.

Photography/Videoing

- Approval must be gained for photography/videoing, please contact Unipol reception in the first instance or e-mail recreation@otago.ac.nz
- All photography/videotaping must be done using care for the participants.
- Personal privacy must be respected.
- If participants are identified in any shot, their permission must be obtained.
- Participants have the right to decline being in any shot.
- Photography/Videoing must not be conducted in the change rooms.
- All media requests should be directed to the Marketing and Communications Department media.office@otago.ac.nz

Support for people with disabilities

It is recognised that the use of Unipol Recreation Centre and associated programmes for any person with a disability, impairment or medical condition is extremely important for well-being.

- By working closely with the University Disability Information and Support Unit <http://www.otago.ac.nz/disabilities> and the Otago Polytechnic Disability support unit <http://www.op.ac.nz/students/support/> facilities and programmes are accessible to the student community.
- The Disability Support teams can discuss any requirements and write a support plan that will meet people's needs.
- If a support person is required, this person is recognised as a support person and is dedicated to assisting anyone who has a disability for their own health and safety.
- The support person is not a trainer/coach/conditioner; they are in place to assist any person who has a disability to carry out their activity.

Gender Inclusivity

- Changing facilities include two gender inclusive rooms with shower/toilets.
- Lockers are available in the Cardio and Weight rooms as well as the male and female changerooms.

Health and Safety

- Please report any health and Safety issues in the first instance to the Recreation Services Staff.
- A defibrillator is located close to reception and on the mezzanine floor, staff are trained to respond as first aiders.
- Ice is located at reception.
- If in doubt please make contact at reception.

Lost and Found

- Lockers and equipment are available from the front reception. It is strongly advised that lockers are used to secure valuables within the facility.
- Please ask reception staff if you have lost an item, a log is kept with all items handed in or lost.

Parking

- The parking space located at the southern end of Unipol Recreation Centre is a DCC pay carpark. This means a valid receipt must be displayed on the dashboard of the car at all times. The DCC carpark becomes free after 6pm Mon to Sat and free on Sunday and Public Holidays.
- Unipol Recreation Centre has nine free carparks opposite the facility on Anzac Avenue. There is no charge for these parks. Individuals using these parks must be located within the facility at all times. These parks are monitored.
- Unipol Recreation Centre has four 5 min drop zone parks and two disability parks located at the southern end of the building. These parks are monitored.

Smoke Free Campus

No person may smoke on any part of a University of Otago Campus.

- Smoke free means free from exposure to any smoke produced by smoking.
- University Campus refers to all University of Otago buildings (including residential accommodation), grounds, vessels and vehicles owned or leased by the University of Otago.
- The University Plaza is included as the University of Otago Campus.

Specific Recreation Centre Policies

Age Requirements

<i>Area</i>	<i>Age Requirements To Be in Area</i>
Weight machines, free weights and cardio equipment	<i>16 years</i>
<i>Mezanine Floor - Pool tables</i>	<i>12 years</i>
<i>Court space</i>	<i>12 years and older without direct supervision</i>
<i>Group Fitness</i>	<i>16 years</i>

Internal Equipment Hire

- Equipment that is issued within the centre is for recreational use and can only be swapped for an I.D.
- If anyone is not satisfied with the equipment they may bring their own personal piece of equipment into the facility.

Changing Rooms

Changing rooms are located on the mezzanine floor.

- Changing room facilities include showers and two disability and gender inclusive shower /toilets.
- At times some of these facilities may be closed for cleaning, however not all will be closed at the same time to allow continual access.
- We strongly recommend the use of a locker in the changing room facilities to secure your valuables.
- Due to privacy concerns, cell phone use is not permitted in the changing rooms.

Lockers

Lockers are available for no charge and we strongly recommend their usage.

- Exchange a valid I.D for a locker key from reception for no charge.
- Small items such as wallets may be also stored at reception.
- Lockers are located in the changing rooms and in the cardio and weight rooms.
- Cubbies are available in the cardio and weight rooms.

Centre Bookings

- Use of Unipol Recreation Centre is for recreational purposes only. Facilities are not to be used for personal gain. Organised activities such as a sports practice must be approved by Recreation Centre Management. For all booking requests please contact recreation@otago.ac.nz,

Weight and Cardio Rooms

- To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others.
- Return and rack weights and equipment when finished.
- Don't drop weights on the gym floor—anywhere.
- Please refrain from swearing, grunting and loud noises because it can be distracting and offensive to others.
- Respect the facility and report any damage.
- Wear proper attire (closed footwear).
- No chalk is allowed.
- Users must be 16 years and older.
- Coaching, Personal and Group training are prohibited.
- ID must be presented upon request.
- Not sure what to do? Book in with our fitness leaders.

Failure to meet the above expectations may result in being trespassed from the facility. Recreation Services reserves the right to remove any person not complying with the relevant Health and Safety policies in place at this facility.

MPA and Gyms - General Rules

- Kicking or throwing a basketball or any other equipment toward the ceiling is prohibited. You will be asked to leave the facility immediately and will be asked to pay for any damages incurred. The facility has a sprinkler system that if damaged would cause a major disruption.
- No rollerblades, skateboards or equipment that will cause damage to the facility are permitted. Please contact Recreation Centre Management staff if you are unsure.
- Gym spaces are a combination of 'drop in' and bookings by groups. If you require a booking please contact Recreation Centre management recreation@otago.ac.nz
- Bookings are dependent on the activity levels at certain times of the year and the suitability of the request.
- All groups must report injuries to Unipol reception.
- Due to the multi-purpose nature of the gym spaces, court spaces are not necessarily regulation size.
- Organised activities other than those approved by Recreation Centre management are prohibited.
- At certain periods in the year, allocation of space may change due to the increase or decrease in demand for spaces. Groups allocated into external facilities may be re-allocated to ensure efficient use of facilities.

Basketball

- Priority is given in the Green Gym or Blue Gym.
- Snapping, grabbing or hanging from the basketball hoop is prohibited.
- Full court basketball is not permitted at peak times, players will be asked to break down into smaller groups to enable other users to have access. Peak time is at the discretion of Centre staff including student staff. Failure to comply with centre staff's direction may result in being asked to leave the centre.

Volleyball

- Priority is given in the Blue Gym or Green Gym.
- Exceptions are when group fitness class size exceeds one half of the blue gym.
- When four or more volleyball players are present, non-volleyball users must vacate the court.
- Basketball players are allowed to shoot around on either end of the court when fewer than four volleyball players are present.
- If required, please ask reception staff to set up the net.

Badminton

- Priority is given in MPA court # 1, 2, & 3 or the Anzac Ave side of the Blue Gym.
- Same-day bookings only. (ph: 479-5888 or recreation@otago.ac.nz to make a booking)
- After 10 mins the court becomes available if no one shows up for their booking.
- Once players have finished play they must vacate the courts.
- Please note a no casual (non –student) zone operates Monday to Wednesday from 4pm to 9pm to prioritise student access.
- Large groups (10 or more) must make a request.
- Badminton shuttles must be picked up upon completion of a game. Please note: Although racquets are provided you must supply your own badminton shuttle (alternatively these may be purchased at reception).

Netball

- Priority is given in MPA court 5,6,7 & 8 or MPA 1 to 4
- MPA # 8 is available for 'drop in' netball.
- Bookings must be made if group size exceeds MPA # 8.

Indoor Soccer/Futsal

- Priority is in either MPA 5,6,7 & 8 or Anzac Avenue side of the blue gym
- A booking request is essential for indoor soccer/futsal, please contact recreation@otago.ac.nz
- Depending on timing, space may be allocated in other areas due to compatibility.
- Outdoor Soccer balls are not permitted on indoor courts.
- Indoor Soccer/Futsal balls are available from reception and may only be used in approved spaces.

Group Fitness

- Priority is in the Blue Gym and MPA courts 5 to 8.
- If the group fitness class size requires more than one half of the Blue Gym then the class will exclusively occupy the entire Blue Gym.
- No other activity is permitted if the class size exceeds the full Blue gym, except the use of the punch bags. This is at the instructors/staff discretion.
- No noisy activity is permitted during a Yogalates class.

Punch/Kick Bags

- Priority is in the Blue Gym.
- The punch kick bags are 'drop in' only.
- At times the punch bags may be unavailable due to the size of group fitness class.
- No sparring involving physical contact, implements or weapons that the Recreation Centre staff (including student staff) deem unsafe is allowed.
- No head contact is allowed

Martial Arts

- Priority is in the MPA 7 & 8 or Blue Gym Stadium side
- No head contact is permitted.

Drop in workouts

- Priority is in the Blue Gym Stadium side and/or MPA 5 to 8.
- Any equipment used must be returned to its allocated space.

Table tennis

- Priority is MPA # 4 or #8 or Blue Gym.
- Table tennis tables are 'drop in' only.
- Please enquire if there is an event which requires the use of the tables.
sam.sinclair@otago.ac.nz

Pool and snooker table

- Priority is on the mezzanine floor.
- A valid student I.D is exchanged for 1 hour of pool or snooker table and equipment use.
- Equipment is located at reception.

Other activities

Please contact sam.sinclair@otago.ac.nz if you require access to the facilities for any other activities.

Outdoor Facilities

- Facilities such as Logan Park, North Ground, and Opoho grounds are available for 'drop in' or booked usage.
- If you require a booking on any of these grounds please contact recreation@otago.ac.nz

- There are a range of outdoor locations such as mountain bike tracks and beaches which are close by, please ask at reception or e-mail recreation@otago.ac.nz
- From time to time fields may be closed due to poor ground conditions. Please check <http://www.dunedin.govt.nz/facilities/sportsgrounds-a-to-z/sportsground-status>

Programs

Group Fitness

A variety of group fitness classes exist specifically designed to suit all fitness levels and interest.

- Enrolment is at Unipol Recreation Centre.
- Full payment (cash, eftpos, credit, not mastercard or American Express) -is required to participate.
- All classes are held at Unipol Recreation Centre.
- A valid student I.D is required for enrolment.

Outdoor Equipment Rental

A wide range of equipment for summer and winter hire.

- Full payment (cash, eftpos, credit, not mastercard) is required to book any equipment.
- A \$40 bond is required with most hires, refundable upon return of equipment.
- A hire agreement is signed at the time equipment is picked up.
- Late returns, dirty, lost, stolen or damaged equipment is subject to additional fees as outlined in the hire agreement-.
- Please see the acceptance of responsibility for further details
<http://www.otago.ac.nz/recreation/equipment/otago063729.html>

Personalised Programs

Individual exercise programs tailored specifically to your individual fitness requirements are available.

- Enrolment is at Unipol Recreation Centre.
- Full payment (cash, eftpos, credit, not mastercard) -is required to participate.
- Refunds are not given for cancellations on the appointment date or missed appointments.

Social Sport

This is an alternative to club sport with games all year except during exams and holidays.

- Registration is at Unipol Recreation Centre.
- Full payment (cash, eftpos, credit, not mastercard) is required to participate.
- Teams are entered into the competitions only, not individuals.
- All participants are expected to know and abide by the policies, these are posted on:

<http://www.otago.ac.nz/recreation/sport/policies/index.html>

Outdoor Adventures

These activities offer a diverse range of both day and weekend adventures in the Otago region.

- Enrolment is at Unipol Recreation Centre.
- Full payment (cash, eftpos, credit, not mastercard) is required to participate.
- Participants must sign a declaration of risk form before participating.
- Participants must fill out a confidential medical form at the time of enrolment.
- A valid student I.D is required for enrolment.
- The full text on withdrawals is posted on:

<http://www.otago.ac.nz/recreation/trips/enrolments/index.html>

Physiotherapy

The School of Physiotherapy operates a clinic at Unipol Recreation Centre.

- For all appointments please contact the School of Physiotherapy (479 57 57) or visit

<http://www.otago.ac.nz/physio-clinic>

Sports Clubs

There are a broad range of sports clubs on campus.

- For information on Sports Clubs please refer to <http://www.ousa.org.nz/recreation/clubs/>
- For facility space please contact either OUSA Recreation george@ousa.org.nz or Unipol Recreation Centre recreation@otago.ac.nz

Emergency Procedures

Please call out for assistance in the event of any emergency situation.

- Located throughout Unipol Recreation Centre are emergency procedure flipcharts. These are to be used as a guide in case of emergencies.
- If the facility needs to be evacuated please follow the emergency evacuation signs.
- Any incidents should be reported to Recreation Services Staff.
- Campus Watch is an important support service and students should code 0800 479 5000 to their cell phone in case any situation arises where they feel their safety is being compromised.

Questions/Concerns

For questions or concerns regarding any aspect of the Recreation facilities or programs please contact us on 479-5888 or email recreation@otago.ac.nz