



## SRSC Track Policies

### Occupancy Capacity = 137

1. The track direction changes daily. Follow the signs for the appropriate direction.
2. Inside Lane: Walking | Middle Lane: Jogging | Outside Lane: Running.
3. The courtesy rule of passing is recommended. A jogger should say, "Passing on your left [or right]," and look behind to make sure no other runners are coming before making a pass.
4. Stretching and warm-up exercises are to occur in the stretching area on the right hand side as you enter the track area.
5. Due to potential safety hazards, do not stand on track to watch basketball.  
No one is allowed to stand on or block any lanes of the track.
6. Children under 18 years of age are NOT permitted on the cardio equipment located next to the track – even if accompanied by an adult.
7. Personal possessions should be stored in a locker. Recreational Sports is not responsible for lost or stolen items.
8. No food, drink (other than water), or glass containers are allowed past the turnstiles.
9. In the event of an injury or accident, please press the EMERGENCY PANEL button once for medical attention and/or seek assistance from an on-site Recreational Sports employee.
10. Strollers are not permitted on the track.
11. Abuse of property or verbal or physical abuse of participants or staff will not be tolerated. Violators may be subject to disciplinary process and asked to leave the facility immediately.

#### **STATEMENT OF RESPONSIBILITY**

*Neither Indiana University nor Campus Recreational Sports accepts any responsibility for ill health or injury sustained while participating in any of the programs. No medical or ambulance expense incurred by a participant will be paid by Campus Recreational Sports or by the University. Participation is on a voluntary basis. It is recommended that all participants undergo a prior physical examination and carry some form of health and injury insurance. If an injury does occur, it should be reported to the nearest Recreational Sports staff member. In the event that blood is involved in an injury, that person cannot continue to participate until the wound is properly cleaned and dressed; any clothing with blood should be removed.*