

# Kilpatrick Athletic Center

## Information and Policies

Revised July 1, 2008

We are dedicated to providing supportive and innovative programs that help students, faculty, staff, and members of the community to incorporate health and fitness into their lives. The Kilpatrick Athletic Center provides a myriad of exciting possibilities for enjoyment and challenge to the sports and health-minded individual and we are proud to make this premier facility available to our neighbors. The following information and policies concern the safety, comfort and well-being of our users, and support a rewarding experience for everyone.

---

### HOURS OF OPERATION

**Monday through Friday**  
**6:00am – 9:00pm**

**Saturday and Sunday**  
**8:00am – 6:00pm**

**The pool closes 15 minutes prior to the closing of the facility.**

Kilpatrick Athletic Center is closed on New Year's Day, Easter, Fourth of July, Thanksgiving, Christmas Eve, Christmas Day, and New Year's Eve.

---

### Membership Categories

- ❖ Junior Members                      must be 16 or 17 years old
  - ❖ Young Adult Members                must be 18 to 20 years old      *Also available to full-time students with current college photo ID and copy of current college course schedule*
  - ❖ Adult Members                        must be 21 years old
  - ❖ Family Memberships consist of at least one Adult Member and their legal dependents up through age 20.
- All memberships are non-refundable and non-transferable
  - In compliance with the College's Security Access Program, a student ID card or member key tag must be presented at the Service Desk each time a member enters the facility.

### Supervision Policies

- Individuals **age 16 to 20**, whose parent(s) are members, may use the facility unsupervised by their parent.
- Individuals **age 14 and 15**, whose parent(s) are members, may use the facility without direct supervision by an adult, provided an adult, 18 years or older, is present in the athletic center.
- All individuals **under the age of 14** must be directly supervised by an adult, 18 years or older, at all times.

### Member Guest Policies & Fees

- All guests are required to register at the Service Desk and pay the applicable guest fee.
- All adult guests **must** provide a driver's license or other valid photo ID on their first visit.
- Adult and Young Adult Members may have guests of any age.
- Junior Member **guests must be at least 18 years old.**
- Members must accompany their guests and are responsible for their guests' behavior.
- Local Alumni of Bard College at Simon's Rock, and their parents, are eligible to pay member guest rates.
  - Member's Guests 18 years of age or older                      \$ 10.00
  - Member's Guests 13 to 17 years of age                         \$ 5.00
  - Member's Guests 12 years of age and under                    FREE – 2/family/visit each additional \$5
  - Simon's Rock Student, Faculty, & Staff Guests or Visiting Alumni             \$ 5.00

### Public Guest Policies & Fees

- All guests are required to register at the Service Desk and pay the applicable guest fee.
- Non-member "Public Guests" 18 years old must present a driver's license or other valid photo ID on their first visit.
- Non-member "Public Guests" 14 to 17 years old must be accompanied by an adult 18 years or older.
- Non-member "Public Guests" under the age of 14 must be directly supervised by an adult 18 years or older.
  - Public Guest 18 years of age and older                         \$ 15.00
  - Public Guest 14 to 17 years old                                    \$ 7.50
  - Public Guest under the age of 14 years old                     \$ 5.00

### General Policies & Information

- Students and members can access the facilities during scheduled activity times only.
- Participants who are in reasonably good physical and emotional health may participate in our programming, as it can be physically and/or psychologically rigorous.
- In order to support your health and well being, non-therapeutic drugs and alcohol are strictly prohibited on the Center grounds.
- Smoking is prohibited within 100 ft. of the Center.
- All patrons are required to abide by the campus speed limit of **15 m.p.h.**
- If program participation is canceled later than five days in advance of the start of the program, a 25% non-refundable fee will be accessed.
- Information on weekly activity schedules will be posted in the main lobby or may be obtained by calling (413) 528-7777.
- In the case of inclement weather, listen to WSBS AM 860 for cancellation and closure announcements.
- All workouts are at the user's own risk.
- The College cannot be held responsible for loss of valuables.

*continued on reverse*

#### General Policies & Information (continued)

- Kilpatrick Athletic Center property, including towels, must remain within the Center grounds. Fees will be assessed for any lost or missing items.
- For your convenience, a manager is on duty at all times. Any questions concerning the facilities or programs can be directed to the manager on duty.
- Bard College at Simon's Rock reserves the right to add, alter or delete classes and programs, as deemed warranted.
- Bard College at Simon's Rock reserves the right to add, alter or rescind from time to time such rules and regulations as it deems necessary. Such changes shall take effect immediately after posting in the Center.
- Simon's Rock College of Bard reserves the right to withdraw or suspend membership privileges either temporarily or permanently from any individual or family member who, in management's opinion, has conducted themselves in a manner detrimental to the legitimate interests of the Kilpatrick Athletic Center and its members.
- Every effort will be made to accommodate regular schedule of use; however, there are situations (special events and athletic events) for which part or all of the Athletic Center will be used, any normal use changes will be posted in advance of these situations.

#### Facility

- Eating or drinking is permitted only in the main lobby and designated areas.
- In case of fire alarm or power failure, EVERYONE MUST LEAVE THE BUILDING IMMEDIATELY.
- Towels are available for \$1.00 at the Service Desk.
- Indoor, non-marking shoes are required in the Gymnasium, Aerobic Studio, and Racquetball/Squash courts.

#### Locker Rooms

- A limited number of lockers are available to current members for rental at **\$25.00 per quarter**.
- Private locks are allowed for day use only, except on rented lockers.
- Student Locker Rooms are to be used by Simon's Rock students only.
- Member Locker Rooms are for the use of Community Members, Faculty, Staff and their guests, including all children.
- **Children enrolled in Kilpatrick Athletic Center programs** may utilize the Member Locker Rooms directly before and after their program without the direct supervision of an adult.
- **Children of the same gender as their parent** and of any age should accompany that parent into the Member Locker Room.
- **Children of the opposite gender of their parent and under the age of five (5)** should accompany their parent into the Member Locker Room corresponding to the parent's gender.
- **Children of the opposite gender of their parent and five (5) years of age or older** should accompany their parent into the Member Locker Room corresponding to the parent's gender. However, they should enter the locker room through the pool area door and proceed to the first shower stall. The curtain hanging beyond the first shower stall should be closed. These children should not pass beyond the drawn curtain.

**Note:** Parents wishing only to change their children's clothes may use the lobby restroom corresponding with the parent's gender. Locks and small benches have been installed for your convenience.

#### Pool

- Swimming is allowed only when a qualified athletic center lifeguard is present.
- Massachusetts State Law requires that a cleansing shower be taken before entering the pool.
- Proper swimwear is required at all times.
- Non toilet-trained children must wear swim diapers or rubber pants over their diapers.
- No running, pushing, or inappropriate behavior while in the pool area.
- Diving is prohibited where posted.
- Food and beverages are prohibited on the pool deck.
- Absolutely no street shoes on the pool deck. Flip-flops and deck shoes used strictly for this purpose are allowed.
- When swimming laps, swimmers are required to stay to the right of the lane or "circle swim."

#### Fitness Center

- Orientation by a qualified Simon's Rock Trainer must be completed before using the Fitness Center.
- Only persons 14 years of age and older may use the Fitness Center and Aerobics Studio.
- Observe proper lifting techniques. If unsure, ask the attendant.
- Wear proper attire: shirts, pants or shorts, and sneakers or shoes. Bare feet, thongs or sandals are prohibited.
- Re-rack and reset all weights and machines and properly wipe down equipment after use.
- Limit your cardiovascular workout to one-half hour when others are waiting.

#### Squash / Racquetball and Tennis Courts

- Reservations must be made with all the players' names.
- Reservations can be made for one hour per day with no more than two reservations on the books at any one time.
- If two players do not claim the court by 10 minutes after the scheduled hour, the reservation is forfeited.
- Open courts are available on a first come, first served basis, except for challenge times.
- Safety glasses and shirts must be worn at all times in Squash and Racquetball courts.
- Indoor, non-marking shoes **are required**. (Street shoes, black soles & non-gym shoes **are not** permissible.)
- Turn off lights when not using Squash and Racquetball courts.

#### Rock Climbing Wall

- The Rock Climbing Wall may be used when accompanied by a Simon's Rock approved Belay only.
- All participants must wear harnesses.
- Shirts must be worn at all times.
- Persons using the bouldering area must be spotted.

#### Gymnasium

- Indoor, non-marking shoes **are required**. (Street shoes, black soles & non-gym shoes **are not** permissible.)