



Campus Recreation

A&M-COMMERCE

Reasons for Maintaining an Attire Policy in Recreational Sports Facilities

This document has been organized to mirror a document made by Virginia Commonwealth University, Reasons for Maintaining a Dress Code in Recreational Sports Facilities(2018) which provides a detailed rationale for an attire policy with requirements on shoes, bottoms and tops. Defining requirements for attire aligns with best practices and industry standards for campus recreation, as indicated by a list of fifty universities' policies on attire. Furthermore, studies have shown personal hygiene, cleaning equipment, and wearing correct exercise clothing are proactive measures to reduce skin to equipment contact and important in enhancing risk management, prolonging the life of equipment, and providing a welcoming/inclusive environment.

Colleges and Universities with a Campus Recreation Attire Policy

The following universities have policies governing attire in their facilities.

1. Arizona State University - <https://fitness.asu.edu/policies>
2. Stanford University - <https://recreation.stanford.edu/services/policies/>
3. University of Arizona - <https://rec.arizona.edu/facility-rules>
4. University of California, Berkeley - <https://recsports.berkeley.edu/policies/>
5. University of Colorado, Boulder - <https://www.colorado.edu/recreation/facilities/policies-procedures>
6. University of Oregon - <https://rec.uoregon.edu/policies#dress-code>
7. University of Southern California - <https://sait.usc.edu/recsports/about/policies/>
8. Washington State University - <http://urec.wsu.edu/facilities/policies/>
9. Iowa State University - <https://www.recservices.iastate.edu/facilities/policies/dress-code/>
10. Kansas State University - <http://recservices.k-state.edu/complex/RulesSpecAreas.html>
11. Oklahoma State University - <https://wellness.okstate.edu/dress-code>
12. Texas Christian University - <http://campusrec.tcu.edu/facilities/policies/>
13. Texas Tech - <http://www.depts.ttu.edu/recsports/facilities/policies.php>
14. University of Oklahoma - <http://www.ou.edu/far/membership>
15. University of Texas - <https://www.utrecsports.org/facilities/facility-guidelines>
16. West Virginia University - <https://studentreccenter.wvu.edu/facility/rules>

17. Indiana University, Bloomington - <http://recsports.indiana.edu/about-us/policies.php>
18. Ohio State University - <https://recsports.osu.edu/posts/documents/rec-sports-policies-manual-updated-july-2014.pdf>
19. Purdue University - <http://www.purdue.edu/recwell/facilities/policies/index.php>
20. University of Minnesota - <http://recwell.umn.edu/about/policies>
21. University of Illinois - <https://campusrec.illinois.edu/policies/general-policies/>
22. University of Nebraska, Lincoln - <https://crec.unl.edu/policies-and-procedures>
23. University of Wisconsin, Madison - <https://recsports.wisc.edu/member-services/policies/#activity-spaces>
24. Boston College University - <https://www.bc.edu/offices/rec/membership/rules/fitness.html>
25. Clemson University - <http://www.clemson.edu/campus-life/campus-recreation/fike/images/Fike%20Policies%20and%20Procedures.pdf>
26. Duke University - <https://recreation.duke.edu/facilities/operating-policies>
27. Florida State University - <http://campusrec.fsu.edu/fitness/leach-fmc/facility-policies>
28. Georgia Tech - <http://www.crc.gatech.edu/memberservices/policies>
29. North Carolina State University - <https://recreation.dasa.ncsu.edu/facility-guidelines/>
30. Syracuse University - <http://recreationservices.syr.edu/About%20Us/Policies/fitness-center-policies.html>
31. University of Miami - <https://wellness.studentaffairs.miami.edu/facilities/policies-procedures/index.html>
32. University of North Carolina at Chapel Hill - <http://campusrec.unc.edu/program/facility-policies/>
33. University of Virginia - <https://recsports.virginia.edu/policies>
34. Virginia Tech University - <https://www.recports.vt.edu/visit/facilitypolicies.html>
35. Wake Forest University - <https://campusrec.wfu.edu/programs/fitness/equipment-expectations/>
36. Louisiana State University - <http://lsuuniversityrec.com/lsuurec/membership/policies-and-guidelines/>
37. Texas A&M University - <https://recsports.tamu.edu/about-us-2/>
38. University of Alabama - <https://urec.sa.ua.edu/about/facility-usage-guidelines/>
39. University of Arkansas - <https://urec.uark.edu/facilities/facility-policies/index.php>

40. University of Florida - <http://recsports.ufl.edu/about/recsports-policies/general-policies-of-swrc-and-srhc>
41. University of Georgia - https://recsports.uga.edu/uploads/docs/Facility_Policies_and_Procedures.pdf
42. University of Mississippi - <https://campusrec.olemiss.edu/general-policies/>
43. University of Missouri - <https://www.mizzourec.com/facilities/information/facility-guidelines/>
44. University of South Carolina - https://www.sc.edu/about/offices_and_divisions/campus_recreation/gyms_facilities/strom_thurmond_center/equipment_area_rules/index.php
45. University of Tennessee - <https://recsports.utk.edu/about/policies/>
46. Utah State University - https://www.usu.edu/campusrec/nirsa_staff_hours/policies
47. Utah Valley University - <https://www.uvu.edu/campusrec/slwc/about.html>
48. Weber State University - <https://www.weber.edu/fitness/rules.html>
49. Brigham Young University - <https://rbfacilities.byu.edu/content/cardio-weights>
50. Virginia Commonwealth University - <https://recsports.vcu.edu/about/procedure-and-form-library/>

Reducing the Risk of Infection

1. "A high abundance of *Staphylococcus* spp. was observed in most of the samples. Some other bacterial species such as *Bacillus*, *Serratia*, *Aerococcus*, *Erwinia*, and *Enterbacter* were observed predominantly on treadmills, nautilus machines, leg press, rails (handrail on stairs), elliptical, and toilet handles, respectively. Some previously unreported bacterial genera associated with the surfaces of equipment in the fitness center have been identified in this study..." (Mukherjee, Dowd et al., 2014, p. 12548)
2. "Hence, risk factors that enhance the acquisition and transmission of CAMRSA skin infection are physical skin-to-skin contact, sport-induced skin damage, and sharing of potentially contaminated equipment, clothing, or other personal items" (Cohen, 2008, p.25).
3. "Athletes should be encouraged to avoid bare skin on shared equipment. They need to create barriers by taking measures such as wearing clothing that covers skin that comes in contact with the equipment, placing towels on weight equipment, and wiping equipment down with an Environmental Protection Agency–approved disinfectant after each use" (Many, 2008, p. 375)
4. "This finding suggests that there is a relationship between the existence of a school policy for SSTI management and a lower incidence of SSTIs. A school policy may be one component of a multilevel approach to combating the CA-MRSA epidemic in athletes, although further studies are needed to define this relationship" (Fritz et. al, 2012, p. 393).
5. "First and foremost, for a prevention plan to be effective, the organization (university, high school, corporation, etc) should be committed to preventing disease transmission. This commitment should be manifested by including disease-transmission prevention in existing safety programs and policies and procedures manuals" (Zinder et. al, 2010, p. 417).

Reducing Wear and Tear on Equipment

1. "The spread of germs and viruses through contact with equipment is a serious health concern. Oil and dirt left behind by users also can interfere with sensors that track heart rate and other stats as well as cause deterioration of equipment padding" (Attwood, 2012)
2. "With the amount of use they get and the pounding they have to absorb, the best way to maximize uptime is to establish a routine maintenance program. Most preventative maintenance is easy to do and a little bit of care in this area will go a long way in extending the life of our treadmills" ("Cleaning Treadmills," n.d.)
3. "As gross as it may sound, that same sweat should serve as motivation for facility operators to keep their group cycling equipment clean in the interest of the long-term health of the bike itself. "Sweat is the enemy of every piece of equipment in a health club, most notably anything used for cardio exercise," says club owner and frequent *AB* contributor Barry Klein. "Sweat is what ages treadmills, ellipticals and stationary bikes. It gets everywhere and accelerates corrosion" (Steinbach, 2011).
4. "The company recommends staff clean products during the facility's peak hours, while members are encouraged to clean each piece of equipment they use before and after their workout. Life Fitness also suggests that staff conduct frequent inspections throughout the day to maintain and ensure the cleanliness of the environment" ("Life Fitness," 2010).
5. "The importance of cleanliness when it comes to commercial fitness equipment is often overlooked, but introducing and adhering to a regular cleaning programme is possibly one of the first and most important steps in prolonging the life of your equipment" ("Gym Equipment Maintenance," n.d.)

Welcoming and Inclusive Environment - As there many variables that go into people feeling intimidated/uncomfortable in a recreational/fitness facility, we can only control so many to create a welcoming environment. Attire policy and consistent policy enforcement are two of those variables.

1. "Women, more than men, are terrified of showing skin irregularity typical of subcutaneous fat. They are burdened by years of marketing of the ideal human body (which, by definition, is not human, but rather a product of image technology). Visible subcutaneous fat is a no-no. Part of that reaction is unrelated to the gym environment. But part of it is this: at the gym, where many people show lots of skin (women with very short shorts, fashionable sports bras, shirtless men) the overweight people can't. It is an unwritten and unspoken rule, but those who dare to infringe bitterly regret it. If they dare to show more skin on a very hot day, they will be stared at and obviously disapproved. The overweight person is perfectly conscious that he or she is being the object of unwelcome attention. And why would that be? Because they don't "work hard" like "us." ("Intimidation and the Fitness Industry". e.d.)
2. "This comment is supported by the fact that among the top two feelings women reported when lifting at the ISU gyms were self-conscious (77.84%) and intimidated (70.78%)." (Kurr, 2016) and "The negative feelings men associate with the gym are still substantial in a number of cases (54.86% of men reported feeling self-conscious, 35.66% reported feeling weak, and 38.65% reported feeling intimidated) and should not be disregarded" (Kurr, 2018).
3. Excessive overweight is frequently associated with a history of social and cultural disadvantage, emotional, sexual and physical abuse, and exclusion from educationally-friendly environments (Santos et al 2017, Anuradha et al 2015, Ramirez et al 2016, Richardson et al 2014, Ward et al 2015, Holt et al 2015).

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