

**PORTION OF THE
POLICIES IN THE USE OF
SPORTS AND WELLNESS
FACILITIES**



Republic of the Philippines

BATANGAS STATE UNIVERSITY

Rizal Avenue Ext., Batangas City, Batangas, Philippines 4200

Tel Nos.: (+63 43) 980-0385; 980-0387; 980-0392 to 94; 425-7158 to 62 loc. 1546/1822

Website Address: <http://www.batstate-u.edu.ph>

Office of Sports Development Program

5. Proper footwear is required.
6. No animals other than those assisting the disabled are allowed in the area.

Facility Usage

1. All currently enrolled students, currently employed or retired faculty and staff, alumni, and active community members are eligible to use the facilities during operating hours.
2. Students, faculty/staff, retirees, and alumni must present their IDs for proper identification.
3. Guests are required to follow all posted rules.
4. Guests must secure a visitor pass before entering the premises.

**FULL COPY OF THE
POLICIES AND
GUIDELINES IN THE USE
OF SPORTS FACILITIES**



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Introduction

School Sports facilities are crucial to the amount of physical exercise that is done. It is not surprising that the Philippine government is encouraging schools to open their facilities for community and public usage given that the government aims to have quality sports facilities within a 20-minute commuting window. Ensuring local and community sports can avail of these facilities is vital.

In lieu of the government initiative that all school and government institutions must provide and encourage the general public and stakeholder to use their sports facilities, Batangas State University adheres to the mandates of the government. The Office of Sports Development Program of Batangas State University develops policies and guidelines on the use of this not only for students, faculty and personnel but also for the use of the general public.

HEALTH AND WELLNESS

Sports and Wellness Program

Every school year, the institution conducts a sports competition among students and employees. The main objective of which is to provide venues for its constituents to compete and play an organized competition. It is also an activity of the Sports Department to encourage our faculty, staff and other stakeholder to participate in the different sports competition, to their respective constituent campuses and instigate them to participate in the president's cup basketball, volleyball, table tennis and badminton tournament. This is also one way of promoting strong relationships and camaraderie among the whole university populace including extension campuses.

Aside from the promotion of sports competition, the office also provides and conduct wellness and fitness program at least once a week to all faculty, personnel, staff and other stakeholder of the institution of every campus

Operation of Wellness Center

All constituent campuses are encouraged and required to establish their own wellness center for the promotion of health and fitness among BatStateU community and other stakeholders.

General Rules, Procedure, and Responsibilities

1. Any personal training performed in the wellness gym must only be instructed by an approved trainer.
2. Children under the age of 16 are not permitted to utilize fitness equipment, group exercise classes, or observed recreational activities within the wellness gym under any circumstances.
3. Smoking, use of tobacco products, or alcoholic beverages are not allowed in wellness gyms.
4. Foods or drinks, except water bottles are not allowed in the area.



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Standards of Conduct

Participation in fitness and programming is a privilege. All students, faculty/staff, retirees, alumni and other guest who participate in fitness programming or use recreational facilities are expected to:

1. Treat the fitness staff and facilities with respect and respond appropriately to all reasonable staff requests.
2. Act with character and courtesy while respecting the right, welfare, and dignity of all others in the wellness gym.
3. Abide by all relevant policies of the Batangas State University, the general facility rules of the wellness gym and all other relevant rules and policies.
4. Act in a safe, responsible manner in regards to themselves and others in the wellness gym.

The Office of Sports Development Program maintains the authority to temporarily not allow or permanently not allow those who will violate these standards of conduct or the wellness and fitness policy rules. Students may also be subject to the university disciplinary action.

General Rules and Regulation for the Use of the Wellness & Fitness Gym During Pandemic

Before:

1. The health and wellness gym is open and it can be used after office hours from 5:00 to 7:00 pm from Monday to Friday.
2. Must contact the Sports Development Office for the possible scheduling of the person/office who wants to undergo the workout sessions.
3. They must undergo an orientation prior to the schedule date, regarding the minimum public health standard such as wearing of masks and the maintenance of social distancing protocol and no sharing of equipment where applicable and observed.
4. Limited only to 30% capacity are permitted to enter the gym; subject to change based on IATF guidelines
5. Upon knowing their schedule date of workout, they must bring the following:



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- a. Mats
 - b. Hand sanitizer/Alcohol
 - c. Bottled water
 - d. Personal Towel
-
6. The use of gym is limited only to our faculty and employees with a maximum of six (6) employees of one (1) hour per session, only those who have a prior scheduled workout are allowed inside the gym.
 7. During this time of pandemic, students and some other stakeholders outside are temporarily deferred for using the equipment and apparatus.
 8. Presence in the Fitness area is those limited to the equipment. People who are not making use of the gym are not allowed in the area.
 9. All users should wear appropriate apparel, such as short, jogging pants, leggings, t-shirts, tights and leotard, and footwear, such as flat rubber shoes with no skid sole. otherwise the access to and use of such facilities will be refused.

During:

1. Persons with scheduled workouts must undergo a temperature check before they enter the gym.
2. Must sign in the logbook upon entering the gym.
3. Persons using the equipment in the Gymnasium are responsible for their own safety. They are advised to seek advice and assistance from our staff in the Gymnasium if necessary.
4. Smoking, eating and drinking (except water) is prohibited in the Fitness area at all times.
5. For the safety of all users, please refrain from preventing or interfering with others' use of the equipment in the Gymnasium.
6. For the benefit of all, it is requested that equipment must be properly returned to the corresponding place after use.
7. Private coaching, assessments and other related activities are not allowed inside the gym.
8. Please mute mobile phones and pagers while in the Gym.
9. Please do not speak loudly inside the Gym and verbal communication among persons inside are also prohibited.
10. The use of a personal towel is required in order to avoid possible contagions and the deterioration of the machines.
11. Always sanitize your hand during the workout and sanitized in changing from one apparatus to other
12. Always maintain the physical distancing all throughout the workout.
13. In case of any doubt, complaints on using Gym equipment or equipment breakdowns, we requested that you immediately contact the Gym attendant for assistance.
14. Please handle the equipment in the Gymnasium with care. Users are responsible for any damages to the facilities or equipment.

After:

1. Must disinfect the areas and all apparatus and equipment after the workout.



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2. Persons are requested after their workout to directly go home

Additional Health and Safety Protocol

The following must be strictly implemented, monitored and preferred when using the University Wellness and Fitness Gym:

1. All persons must wear a mask at all times.
2. Must accomplish a Health Declaration Forms and Log-in the Transaction log book upon entry.
3. Temperature must be taken prior to entry, $>37.5^{\circ}\text{C}$ temperature must not be allowed to use the fitness gym, and those with respiratory symptoms such as, cough, colds, sore throat, shortness/difficulty of breathing, and body pain.
4. There shall be one entrance and exit (One Way Flow).
5. Ensure Physical Distancing of 1.5 meters of persons and equipment to be used.
6. No sharing of personal items and equipment.
7. Before and after each use of fitness equipment hands should be well sanitized by a 70% Isopropyl alcohol for 30 seconds.
8. After each used the persons using the equipment shall be properly disinfected by the equipment before using another equipment and after thoroughly using the gym.
9. No taking of photos or videos are allowed while inside the Fitness Gym Area.