



Outdoor Courts

A Basketball court and two Tennis Courts

With the exception of athletic events, special functions, or rental groups, all patrons using the outdoor courts need to contact the Office of Athletics, Wellness and Recreation to arrange usage time and show the appropriate ID for use.

Outdoor Courts Rules

1. Only sportswear and white bottom non-marking tennis shoes or sneakers are permitted on the tennis courts.
2. The Outdoor Courts attendant is physically present most of the time around the courts when there are individuals using the facility.
3. Food and gum are not permitted on the tennis courts.
4. No more than four individuals may be on a tennis court at one time.
5. An hour-by-hour booking, regardless of the number of users per booking, shall be generally implemented for each court. A two-hour block booking may be possible outside of peak hours or as approved by the Office of Athletics, Wellness and Recreation.
6. Use of the outdoor courts shall ONLY be by reservation at the Office of Athletics, Wellness and Recreation on a “first come-first serve” basis. No more than maximum of three bookings per week can be made by a member before priority is given to other users. Those who show up without a reservation may do so after clearance with the on-site attendant that the court is free for use and must leave the courts when individuals have made a booking arrive.
7. For current UOB employees and their family or alumni and their families with the appropriate identification who may wish to use the tennis courts, has to contact the Office of Athletics, Wellness, and Recreation.
8. Players requiring special tutoring may do so by contacting the Office of Athletics, Wellness, and Recreation to provide a tennis coach.



University of Balamand

Office of Athletics, Wellness and Recreation

Green Field and Track

Natural turf field with spectator seating for around 500 people and night lights with 6 lanes, 400-meter track

Green Field and Track Rules

1. Greenfield and Track is not a playground. Young children below 8 are not allowed on the Field and Track without being accompanied by an adult.
2. Greenfield priority access is restricted to UOB students and athletic teams. Greenfield and Track will not be accessible during scheduled Physical Education classes and university's or athletics' events.
3. Organized events and contests must be approved by the Senior Director of Athletics, Wellness and Recreation.
4. The use of any equipment, including portable goals, should be authorized by the Office of Athletics, Wellness and Recreation.
5. Appropriate foot and sportswear should be worn on the Greenfield and Track at all times.
6. Food, gum and beverages are not allowed on the Field and the Track.
7. Sun tanning is not allowed on the Greenfield, the Track and the Bleachers.
8. Smoking is not allowed on the Greenfield, the Track and the Bleachers.
9. Strollers, bicycles, scooters, motorized vehicles, and other wheeled items are not allowed on the Greenfield, the Track and the adjacent areas.
10. Food and beverages are permitted in the spectator sections but not on the Green Field or Track.
11. All individuals using the Green Field or Track for recreational purpose must show the appropriate ID.
12. Only non-marking footwear and appropriate sportswear are permitted on the Green Field or Track. Cleats or spikes of any type or size are not allowed for general use.
13. The sport facility attendant on duty must maintain a clean and orderly Green Field and Track area and properly care for and secure all equipment when not being used.
14. If an activity is not scheduled in the facility, it is available for recreational use with the same opening hours.



Indoor Court

With the exception of athletic events, special functions, or rental groups, all patrons using the indoor courts need to contact the Office of Athletics, Wellness and Recreation to arrange usage time and show the appropriate ID for use.

Indoor Courts Rules

1. Only white bottom non-marking tennis shoes, sneakers, or specialized dance footwear and appropriate sportswear are permitted on the gymnasium. Outdoor footwear is not permitted on any indoor sport court surface.
2. The sport facility attendant must be physically present anytime there are individuals in the gymnasium.
3. Food, gum, and beverages are not permitted in the gymnasium at any time.
4. The sport facility attendant on duty must maintain a clean and orderly gymnasium at all times. The area should be clear of personal items and the equipment stored in the appropriate areas when not in use.
5. Reservations are done through the Office of Athletics, Wellness and Recreation.



Activity Room Rules & Guidelines

1. Only white bottom non-marking tennis shoes, sneakers, or specialized dance footwear are permitted on the activity room floor, and appropriate sportswear. Outdoor footwear is not permitted on any indoor sport court surface.
2. The sport facility attendant must be physically present anytime there are individuals in the activity room.
3. Food, gum, and beverages are not permitted in the activity room at any time.
4. The sport facility attendant on duty must maintain a clean and orderly activity room at all times. The area should be clear of personal items and the equipment stored in the appropriate areas when not in use.
5. Reservations are done through the “OAWR” and using the sound system requires the approval of the Facility Attendant.
6. Individuals using the dumbbells, plates, steppers or mats must return the equipment to its place and never leave it on the floor.

Activity Room schedule

Days	Time	Activity
Monday till Friday	8:00am - 8:00pm	Personalized Fitness Instruction Available
Saturday	Per reservation	
Sunday	Closed	



Fitness Area Rules and Guidelines

Supervised cardiovascular machines and free weight area

1. All participants must be current UOB students, members, or a guest of a member. Appropriate ID must be shown upon request.
2. All individuals using the NEW FITNESS CENTER do so at their own risk.
3. Smoking is not permitted anywhere within the complex (indoor or outdoor) at any time.
4. Personal belongings are not allowed and should be stored in a locker.
5. UOB is not responsible for lost or stolen items.
6. Only water bottles and approved energy drinks are allowed. Alcoholic beverages are Not permitted.
7. Non-athletic apparel, including jeans, sandals, street shoes or barefooted, are prohibited.
8. Shirts must be worn at all times.
9. Towels are required at all times.
10. Allow others to work-in between sets on weight machines.
11. Offensive or profane language is prohibited.
12. Video Taping without permission is NOT ALLOWED.
13. During busy times, time limit on the cardio machines and in the gym is 45 minutes.
14. Re-rack your weights, return all accessories to their proper locations, and refrain from banging weights.
15. Abuse or misuse of the equipment will not be tolerated.
16. Please wipe down equipment after every use. Hand sanitizers are located in different places at the center.
17. Please do not use cell phones while resting on machines.
18. Members are not allowed to move and relocate machines.
19. Be respectful for the Fitness Center staff as well as other members working out at all times.
20. Please use headphones while listening to personal music.
21. No shouting or screaming in the fitness center.
22. Disorderly conduct, abuse of the facility, equipment, or staff and/or disregard for the fitness center's policies will result in immediate dismissal from the facility.
23. Additional sanctions may include disciplinary action, reimbursement for damages, and/or suspension from the facilities and programs.
24. Food and gum are not permitted in the fitness areas at any time.
25. Children under the age of 13 are not permitted in the loose weights area. They may however utilize the cardio machines under the supervision of an adult.
26. Members who wish to have personal fitness training for themselves or for their children must contact University Sports coaches and instructors ONLY.

Days	Time	Activity
Monday till Friday	8:00am - 8:00pm	Personalized Fitness Instruction Available
Saturday	Per reservation	
Sunday	closed	



University of Balamand

Office of Athletics, Wellness and Recreation

Swimming Pool Rules & Guidelines

Pool Rules

1. Individuals using the pool facility must observe the instructions of the lifeguard or the facility attendant.
2. Swimmers must wear an approved style of bathing suit; Swimming cap must be used for long hair individuals.
3. Swimmers must shower prior to entering the pool.
4. No one may be in the pool without a certified lifeguard being on duty.
5. With a few exceptions and scheduled activity, inflatable floatation devices, snorkels, masks and fins of any kind are not permitted in the pool.
6. Children under the age of 13 must have adult supervision when they are in the pool facility.
7. Children under the age of 6 are not allowed into the pool. (Except for children of the UOB campus residents in the Youth Swimming course offered by the Office of Athletics, Wellness and Recreation – Adult Guardian should be with them in the water)
8. Food, beverages, and glass containers are not permitted in the pool facility.
9. Excessive noise and hazardous activity is not permitted in the water or on the pool deck.
10. During power failures patrons must vacate the pool if instructed to do so by the lifeguard or the facility attendant.
11. Individuals leaving the pool should be completely dry.
12. Individuals, with any type of unrecognizable skin lesion, sores, or inflamed eyes, mouth, nose, or ear discharge, carrying any type of communicable disease or having any type of bandage, adhesive tape, etc. are not allowed to be in the pool.
13. Unsanitary behavior is strictly prohibited in the water or on the pool deck.

FAILURE TO ABIDE BY THE ABOVE RULES WILL LEAD TO DISCIPLINARY ACTION

Swimming injuries, drownings and deaths are preventable by following simple safety rules:

1. **Look for and read the signs**

Read the signs posted in a swimming area and follow the safety information. Signs and rules are there to protect you and to keep pools clean and germ-free.

2. **Walk, do not run**
Never run on the pool deck. This area can be very slippery, especially when there is water on the deck.
3. **Be careful getting in and out of the pool**
Use a handrail whenever possible to prevent slipping or falling. When getting out of the water, avoid climbing on slippery or other unstable surfaces.
4. **Look before you leap or dive in**
Shallow water, underwater logs or big rocks are all dangerous when diving into lakes or swimming holes and can cause serious injury. When at a pool or other swimming area, only dive into areas where it is safe to dive.
5. **Stay within your abilities**
When you go in the water, swim only where you feel comfortable. Do not go farther or deeper than you can handle.
6. **Never swim alone**
Use the “buddy system” and take a friend or responsible adult with you who is a strong swimmer. Make sure you watch out for each other. Even when a lifeguard is around, it is best to have a “buddy”.
7. **Play carefully**
Wrestling and tumbling in any water body can be very dangerous. You could hit your head against pool walls, floors or rocks and become unconscious. If this happens and you do not get help quickly, you could drown.
8. **Do not drink alcohol**
Injuries involving alcohol are a common problem around water bodies, including private pools, hot tubs, beaches and swimming holes. Alcohol can make accidents worse because it slows down your reaction time. Alcohol can also put you to sleep. If you are in or around any water body, do not drink alcohol.
9. **Watch for hazards**
Never play around skimmers or pool drains. In a pool water is always pumping through a filter system. The filter pulls water out of the pool through a drain and into pipes. Parts of your body, fingers, toes, arms, legs or torso and hair can easily become caught in the suction of these drains. Drains with strong suction can hold you under water and possibly lead to drowning. If you have long hair, you should wear a bathing cap or securely tie back your hair in a short braid or bun.

11. Take a first aid course

12. Wear life jackets/Personal Flotation Devices (PFDs)