Recreation Services

Locker Rooms, Restrooms, & Steam Room Policies

**Locker Rooms & Restrooms**

- It is recommended that all patrons and guests leave no valuables unsecured or unattended.
- Lost and found articles may be taken to the service desk or to the main office.
- Do not leave any doors or entrances into the locker rooms propped open.
- Patrons should double-check their lock to make sure it is locked when showering or leaving the facility.
- After showering, do not leave any soap or shampoo in the shower area.
- **Children Dressing Area Policies**
  - Children 6 years of age and older are not allowed into an opposite sex locker-rooms or rest rooms.
  - Lied Rec Center – Children less than 6 years of age may use the opposite sex rest rooms in the partisan stall area.
  - Beyer Hall and State Gym – Children less than 6 years of age must use the family changing rooms are located near the State Gym Pool.
- Please notify the Building Supervisors of any needs you may have, unsafe activities or facility problems immediately.
- Personal locks are not to be used at any time, and will be cut off daily.

**Steam Rooms – Beyer Hall & Lied Recreation Athletic Center**

- It is recommended for safety reasons that participants with health problems check with a physician before using the steam room.
- Due to high temperatures and humidity, the steam room can be dangerous to your health. We recommend that you consult your physician before you use the steam room. Those with medical conditions such as high blood pressure, heart disease, and respiratory problems, and those who are pregnant, should avoid exposure to high heat and humidity.
- Please shower before entering the steam room.
- The steam room temperature is set between 100 and 110 degrees Fahrenheit. (Temperature cannot be adjusted by the user)
- Allow yourself at least 5 minutes after exercising to cool down before entering the steam room.
- Limit yourself to a maximum of 10 minutes exposure.
- No food or drink (except water) is allowed inside the steam room.
- No shaving allowed for sanitary reasons.
- **Beyer Hall**
  - Shorts or swim suit must be worn. Women must have tops on.
- **Lied Rec**
  - Shorts, swim suit or underwear must be worn.