RECREATION SERVICES FALL 2020

Face coverings, new hours, and reduced capacity

AMES, IA – 07/29/2020

Face coverings are required when entering, exiting, and while moving about the facilities. Face coverings may be removed only while exercising at designated space.

Additional guidelines may be in place for specific program activities that require the use of face coverings. If the need for a spotter occurs, both participants are required to wear a face covering. Disposable masks will be available for members upon request if they do not have their own.

STATE GYM

Effective Monday, August 3, 2020

State Gym Summer Hours (August 3 – 16)
- Monday – Friday: 8 am – 8 pm
- Saturday: Closed
- Sunday: Closed

State Gym Fall Hours (starting August 17)
- Monday – Friday: 6 am – 10 pm
- Saturday: 12 pm – 6 pm
- Sunday: 12 pm – 10 pm

Available:  Cardio equipment, weight equipment, badminton court, table tennis, pickle ball, locker rooms/showers, Admin Office, climbing wall, pool
Closed: Water volleyball/basketball, diving platform, hot tub, bouldering wall, drinking fountains, tracks for running/walking, gymnasiums for basketball/volleyball, day-use lockers

Capacity: Reduced capacity to allow for proper social/physical distancing

**BEYER HALL - Reopens August 17th**

*Effective Monday, August 17, 2020*

Beyer Hall Fall Hours
- Monday – Friday: 6 am – 10 pm
- Saturday: 12 pm – 6 pm
- Sunday: 12 pm – 10 pm

Available: Pool, locker rooms, classrooms, storage areas, IM t-shirt office, functional training room for designated classes only, athletic training room, gymnastics room, athletic locker rooms, athletic department training and equipment room

Closed: Racquetball/squash courts, day use lockers, basketball/volleyball courts, Beyer Weight Club Room

Capacity: Reduced capacity to allow for proper social/physical distancing

**LIED RECREATION ATHLETIC CENTER - Reopens August 19th**

*Effective Wednesday, August 19, 2020*

Lied Rec Fall Hours
- Monday – Friday: 6 am – 10 pm
- Saturday: 12 pm – 6 pm
- Sunday: 12 pm – 10 pm

Available: Cardio equipment, weight equipment, badminton courts, locker rooms/showers, basketball courts for shooting, volleyball courts, turf field, bouldering wall.

Closed: Upper and lower tracks, racquetball courts, TRX area, boxing room, steam rooms

Capacity: Reduced capacity to allow for proper social/physical distancing
PROGRAMS & SERVICES

Intramural Sports:

Intramural Sports will resume for the Fall semester and registration can be found on recservices.iastate.edu.

- Participants must adhere to all Rec Services building policies, including the use of face coverings and social/physical distancing
- Participants are strongly encouraged to wear face coverings and practice social/physical distancing before and after outdoor competitions, as well as during play to the extent that it is possible
- Activities not located in or on Rec Services property (such as the Memorial Union, Perfect Games, Ice Arena, etc.) will follow location-specific guidelines

The following Intramural Sports activities are planned for Fall 2020:

- 4 on 4 Sand Volleyball
- Softball
- Bag Toss
- Tennis Singles and/or Doubles
- Curling
- Mini Golf
- Disc Golf
- Badminton Singles and/or Doubles
- eSports
- Pickleball Singles
- 9 Ball Pool
- 4 on 4 Indoor Volleyball
- Table Tennis Singles and/or Doubles
- 8 Ball Pool
- Bowling
- 3 Point Shot Contest
- IM Trivia Challenge – Virtual

Fitness Classes:

In-person fitness classes will resume on August 17th. Virtual classes will still be offered, but are moving from Instagram IGTV to WebEx. This will allow us to continue to offer nearly as many classes as we have in past semesters, with a combination of in-person and online options.
In-person classes will have limited capacity and may be offered at non-traditional locations to allow for proper social/physical distancing. For example, cycling and cardio classes will be offered in East State Gym and outdoor fitness classes will be offered east of Lied (weather permitting). Pay close attention to location when registering for in-person classes.

**Personal Training:**

Online and in-person personal training sessions will be available. Trainers will adhere to thorough cleaning procedures and social/physical distancing practices.

**Outdoor Recreation:**

Outdoor Rec will provide contactless curbside equipment rentals for canoes, stand-up paddle boards, and kayaks.

Climbing walls will be open with restrictions and limited participant numbers. Some day trips and workshops will be available this fall including rock climbing and Wilderness First Aid.

**Sport Clubs:**

Sport Club plans are currently under review and will be announced prior to the start of the semester.

All above information is subject to change. For the latest updates visit recservices.iastate.edu or connect to our Facebook, Instagram, or Twitter pages.