

Thank you to the 1447 students who participating in the WRC user survey last week. We very much appreciate all of the positive feedback about keeping the building open and modifying activities so the campus community can remain active. We developed an FAQ for information related to the questions that you posed in the survey.

Where do we find information about facilities, programs and Covid- 19 policies?

Recreation Services is currently increasing its promotional activities in social media. Information can also be found on our department website: <https://recreation.uni.edu/> We highly recommend that you download our department Fusion app from the App Store or Google Play. Search UNI Recreation and click on the notifications as this will be the quickest way to get new information. Additionally, you can follow our Facebook Page: <https://www.facebook.com/UNIWRC> and our Twitter page at: @UNI_WRC

Why can't we play drop in basketball or Intramural Basketball?

Recreation Services understands that drop in basketball and Intramural basketball are the most popular sports on campus. Unfortunately, Covid-19 required some programs to be temporarily discontinued or modified. Because basketball cannot be social distanced we have elected to temporarily suspend it and we look forward to offering basketball team play as soon as we can do so safely. This spring the Intramural program is offering four basketball activities including free throw contest, 3 point shoot, hot shot and knock out. Additionally team sports that can social distanced have been added including: Human Foosball, 4 v 4 Volleyball and dodgeball. The full Spring Intramural schedule can be found at: https://recreation.uni.edu/sites/default/files/spring_2021_intramurals_flier_1.pdf

Why do we have to wear masked while working out?

We are following [CDC guidance](#) as well as standards from national collegiate recreation programs. We are committed to keeping our campus safe and find it necessary to take precautions to reduce exposure to transmission of COVID-19, which includes wearing a mask while working out and maintaining 6 feet of distance between patrons.

Can we have virtual options in Group Fitness and Personal Training?

Absolutely! Recreation Services has developed virtual fitness classes as well as personal training. Additionally, we are working with SDSU, U. Nebraska, U. Minnesota, NDSU and UND to share online group fitness classes. Please visit the Fitness web page for more information at: <https://recreation.uni.edu/fitness>

Why can't we work out between 8:00am and noon?

You can! The Panther Performance Center, located in studio 85 (next to the north gym) is open from 6:00am-12:00pm M-F with additional afternoon and evening hours available when classes are not scheduled. The class schedule can be found at: <https://recreation.uni.edu/sites/default/files/Spring%202021%20Fitness%20Brochure.pdf> The Panther Performance Center is a functional fitness space which includes: a ski erg machine, bars and bumper plates, chin up bars, a weighted sled, rowers, assault bikes, a truck tire, and dumbbells.

Additionally, we moved some cardio equipment (uprights bikes and rowers) to the pool balcony and the 185/187 catwalk. These are available all day. The Health Beat in the Maucker Union opens at 11:00am to accommodate those that would like to start working out earlier.

Can we have more lap swim time?

The Lap Pool is shared with Physical Education classes as well as the Swim/ Dive Teams. Based on past participation numbers in lap swimming, we currently have the correct amount of swim hours per week. This could change if we had more demand but we would also have to work around PE and Athletic schedules.

Can we have more weekend hours?

In the past 23 years, we have adjusted our hours of operation based on enrollment, budget and participant user numbers. As demand increases and budget allows, we may be able to provide more hours in the WRC and Health Beat.

Can we have more virtual wellness options?

Absolutely! The Student Health Clinic offers a [Virtual Care Package](#) with multiple wellness options available. Student Wellness Services added virtual activities and events last Spring, last Fall and continue to do so this semester. Please visit the following website for program offerings: studentwellness.uni.edu/ Specific programs related to issues of nutrition and eating well can be found at: studentwellness.uni.edu/eating-well. Contact Shawna Jesse for more information: shawna.haislet@uni.edu

Can counseling services be provided on- line?

Yes! The UNI Counseling Center provides both "in person and tele visits." If tele visits are preferred, let the receptionist know this when you call to schedule your visit. The receptionist will provide you with instructions on how to access the platform for a tele visit in your patient portal. To schedule an appointment, call (319) 273-2676. You can also visit: <https://counseling.uni.edu/>

Sauna and Hot tub

The Leisure Pool hot tub and Men's and Women's saunas will re-open as soon as it is safe to do so.

Can we have more Outdoor Recreation activities?

Absolutely! Our team has been busy getting ready for this spring. With Covid-19 outdoor activities are more important than ever, please let our team help you with your journey. The gear rental shop is filled with cross country skis, snow shoes and camping gear. Please visit: <https://recreation.uni.edu/gear-rental>. The west trail is groomed and ready for skiing and the adventure trips program is ramping up. Please visit <https://recreation.uni.edu/sites/default/files/UNI%20Outdoors%20Programs%20Spring%202021-01.pdf>