

Frequently Asked Questions

MEMBERSHIP

Can I suspend my membership until I am ready to return to the facility?

Unfortunately, we do not have the ability to pause a membership. Instead, termination is required to stop payment for the membership. Per the membership agreement that was signed when joining the SRC, a written termination request from the member is required to end the active membership. Once a completed and submitted [JotForm Termination Form](#) with an electronic signature has been submitted, our membership department will process it as quickly as possible and send you a confirmation of termination.

*If you would prefer, a paper version of the termination form can be provided at the Membership Services Desk.

What are the face covering requirements to use the SRC?

Members are required to wear a cloth face covering over their mouth and nose at all times; with the only exceptions being if you are actively swimming, working out on a cardio machine (Treadmill, Elliptical, etc), or participating in a department supervised program.

FACILITIES

What is the cleaning/disinfecting process at the Student Recreation Center?

Our staff utilize an EPA approved cleaning solution, 14 Plus Antibacterial All Purpose Cleaner, to thoroughly clean all fitness equipment and high-touch areas of the facility multiple times per day. We also provide this solution in spray bottles throughout the facility for patrons to use with a provided cleaning rag before and after utilizing fitness equipment.

SPORT CLUBS

Will Sport Clubs still function in the fall?

Yes, sport clubs will focus on individual conditioning and skill development in small cohort groups; however, there will be no travel and no competitions. Please visit <https://odu.edu/life/sports-and-fitness/programs/sports-clubs> to find out more information about joining a club.

HEALTH PROMOTION

Can I still purchase condoms and dental dams at the Health Promotion office?

Yes, our office is open from 8 AM - 7 PM, Monday - Thursday and 8 AM - 5 PM on Fridays. You can stop by during our office hours to purchase condoms. You can get 3 condoms for free each visit to our office. Please wear a face covering and practice physical distancing when visiting our office.

How do I schedule an appointment with HP staff?

Health Promotion staff will meet with students one-on-one virtually through fall 2020. You can schedule a virtual appointment by calling 757-683-5927 or emailing healthpromotion@odu.edu.

FITNESS & WELLNESS

Can I still get my body fat tested?

Yes, you can sign up for body fat testing with one of our Fitness Specialists on the [RecPortal](#). The test takes about 5 minutes and should be completed before your workout. Staff will be wearing masks and gloves for the duration of your appointment. To limit contact, body fat testing will be completed using the Omron Handheld Body Fat Analyzer which will be disinfected after each appointment.

Can I sign up to work with a Personal Trainer?

We offer both in person and virtual [Personal Training packages](#). When you fill out your Personal Training Inquiry Form please specify “virtual” or “in person sessions” and our team will set you up with a certified personal trainer who is ready to help you reach your goals from the SRC or at home.

AQUATICS

Do I need to register to use to the pool?

Yes, in addition to registering for a spot to visit the SRC, we ask all members to register for a time to visit the pool to guarantee a spot with the limited capacity. You can find the pool registration on [our RecPortal](#) by selecting the [Aquatics and Safety](#) category under Classification menu to the left of the screen.

Are you renting out equipment (i.e., kickboards)?

We are currently not offering any equipment for check-out, including kickboards because we cannot adequately clean them between each use. This is in line with the reopening guidelines set forth by the state of Virginia.

How many people can swim in a lane at a time?

One person can swim in a lane at one time. We have a total 8 lanes in the pool.

OUTDOOR ADVENTURE PROGRAM

Will there be any adventure trips in the fall 2020 semester?

Due to the university's policy restricting all non-essential travel, the OAP will not be facilitating any adventure trips during the fall 2020 semester.

Will the climbing wall be open in the fall?

Climbers may register for a one-hour time block to access the climbing wall. These blocks will be reservable 24 hours in advance. The blocks will begin at 4:00pm on August 31st. Climbers are asked to wear masks and remain physically distanced during their visit. Please visit us at our [RecPortal](#) to register for a time block.