

UCF Recreation and Wellness Center **Home Sport Club Event Procedures**

On behalf of the Recreation and Wellness Center (RWC), we would like to welcome you and your team to the University of Central Florida. We hope that your season is going well. This pamphlet is intended to provide you with important information to help facilitate your trip to UCF. If you have any questions or need special arrangements, please contact the UCF RWC at 407-823-2408 and ask for the Sport Club Coordinator.

The UCF Recreation and Wellness Center offers athletic training services at every on campus home sport club event. Athletic Trainers are nationally recognized, state licensed, Allied Health Professionals delegated to register emergency care to injured participants. They are available for prompt evaluations and to make referrals to necessary physicians and medical facilities.



Participation in Recreation and Wellness Center programs is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety. The University of Central Florida and the Recreation and Wellness Center are not liable for injuries sustained during participation in a Recreation and Wellness Center sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation. The University of Central Florida does not provide personal accident/health insurance. Therefore, participants are urged to secure their own insurance.

On-Campus Sport Club Event Procedures

Game Day:

- A UCF Sport Club Supervisor(s) will be available at each game. Their responsibility is to serve as a liaison between the UCF Recreation and Wellness Center and the participating teams. Their jurisdiction includes, but is not limited, to enforcing RWC policies, setting and breaking down the event, assisting the athletic trainer, and general game management.
- RWC facilities will be open and Athletic Trainers will be available approx. 1 hour before the event begins.
- Water, injury ice, and biohazard supplies will be provided for the event.
- An Automated External Defibrillator (AED) will be on site.
- It will be the responsibility of the visiting team to provide sports drinks, food, towels, equipment, etc. for their participants involved in the event.
- Please call the UCF RWC at 407-823-2408 and ask to speak to either the Sport Club or Athletic Training Coordinator if you will be traveling with a Certified Athletic Trainer to the event.

Hospitals:

If an athlete needs to be taken to a hospital or clinic while in the Central Florida area, there are three medical facilities that are located within twenty minutes of the UCF campus.

- * Florida Hospital
- * Winter Park Memorial Hospital
- * Waterford Centra-Care walk-in Clinic

Directions attached.

Depending on the severity of the injury, athletes may also be taken to Orlando Regional Medical Center, Central Florida's only Level One Trauma Center.

Directions attached.

Guidelines For On-Field Player Injuries

- Participants and coaches should go to and remain in the bench area once medical assistance arrives. Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
- Participants, parents and non-authorized personnel should be kept at a significant distance away from the injured participants.
- Participants or non-medical personnel should not touch, move or roll an injured player.
- Participants should not try to assist a teammate who is lying on the field (i.e., removing the helmet or chin strap).
- Participants should not try to assist a teammate or opponent from a pile-up.
- Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption.
- Players and coaches should avoid dictating medical services to the athletic trainers or interfering with performing such services.
- Once an athletic trainer attends to an injured player, their ruling on the athlete's condition and ability to play will take precedence.
- Game officials and/or referees should assist the athletic trainers in meeting the previously mentioned guidelines.

Lightning Safety

Lightning is the most consistent and significant weather hazard to athletics. While the probability of being struck by lightning is low, the odds are significantly greater when a storm is in the area and proper safety precautions are not followed.

UCF RWC staff will provide safety warnings in the absence of an alarm system. If lightening is detected *Thorguard Lightning Detection System* will respond with **1 long siren** and all outdoor activities will cease until the lightning has cleared. Sport Club Supervisors and athletic training staff will clear the fields and suspend activities. Athletes and spectators will be instructed where to go or how to respond. Cooperation is vital for the safety of all staff, participants and spectators. Some key points to consider when outside are:

- Avoid water.
- Avoid all metal objects including electric wires, fences, golf clubs, and machinery.
- Unsafe places include tents, open-sided rain shelters, underneath isolated trees.
- Avoid high ground and open spaces. Where possible, find shelter in a building or in a fully enclosed vehicle such as a car, truck, or van with the window completely shut. If no shelter is available and lightening is striking nearby, you should:
 - Avoid direct contact with other people.
 - Remove all metal objects from your person.
 - Crouch down, with feet together and hands on knees.

Thorguard Lightning Detection System and or RWC staff will indicate when it is safe to return to activities.

General Recreation and Wellness Center Policies

Recreation & Wellness Center (RWC) Building Policies:

- Photo ID required. Transfer of ID's or assistance with ineligible entry is considered fraud. All participants and spectators will be asked to sign a building waiver.
- Sport Club participants are not allowed to use facility equipment unless that equipment is required for the sport club's approved activity.
- Users must be at least 17 years of age.
- Food and drink are limited to hallways and vendor areas.
- Beverages must be in closed plastic containers.
- Shirt and shoes must be worn.
- Only non-marking shoes on wood floors.
- Filming is not permitted unless authorized by RWC staff.
- Pets are not permitted, except animals providing assistance to individuals with disabilities.
- Bicycles, skateboards, and roller blades are not permitted in the building.
- RWC is not responsible for lost or stolen items.
- Participation is voluntary, exercise at your own risk.
- Participants are encouraged to consult a physician prior to beginning an exercise program.
- Participants are responsible for and should secure their own medical insurance.
- Users are expected to be responsible, courteous, and safety conscious. Users who disregard policies and guidelines may be asked to leave the facility and could experience a loss in recreational services.
- Blue colored lockers are available for daily use; however user must bring their own lock and remove at the end of the day.
- The UCF RWC is monitored with surveillance cameras.

RWC Aquatics Facility Use Policies:

- In the event that temperature reaches below 40 degrees the decision to close the pool should be made by the Aquatic Team supervisors. In the event that a closure has not been prepared for by the Aquatic Team, the Building Manager can check www.weatherchannel.com to see if atmosphere temperature reaches below 40 degrees. If these conditions force the closure of the pool then the inclement weather closing procedures should be followed as well. Guards should always report to work regardless of the temperature outside unless you receive a phone call from the BM.
- Users must be 17 years of age or older and must provide proof of ID upon request. Guests must be at least 18 years of age.
- Shower before entering pool.
- Proper/ appropriate swim attire must be worn.
- Large or loose jewelry is prohibited in the pool. Lifeguards will determine the safety of any questionable jewelry.

- Thongs, transparent swimwear, or risky bathing suits are prohibited. Lifeguards will determine the appropriateness of any questionable swimwear.
- No Coolers.
- Pets are not permitted inside pool area, except for animals providing assistance to users with disabilities.
- Personal sound devices permitted with headsets.
- The bathing load is 123 persons for the Lap Pool.
- The following is NOT permitted:
 - Diving
 - Running on pool deck
 - Personal flotation devices
 - Alcohol and/or tobacco products
 - Food and/or drink on pool deck
 - Glass containers
 - Spitting, etc.

RWC Park Policies (athletic fields):

- There is no alcohol permitted in any UCF Recreation and Wellness Center (RWC) facilities. UCF Clubs are responsible for communicating this to visiting teams and all spectators.
- There are no pets or smoking permitted on any of the UCF RWC fields.
- **RWC Turf Field Policies:**
 - Food, sunflower seeds, chewing gum, glass containers, cans, and beverages not in sealable containers are not permitted.
 - Smoking, chewing tobacco, alcohol, and any open flames are not permitted.
 - Pets are not permitted.
 - Golfing, metal cleats, or other sharp objects are not permitted.
 - Bicycles, rollerblades, golf carts, and other unauthorized motor vehicles are not permitted.
 - Goals, bleachers, and other equipment may not be moved without permission of staff.

Directions

UCF Campus

- The entire campus has one address you can use to search for directions if you choose. This address is as follows:
4000 Central Florida Blvd
Orlando, FL 32816
- The UCF campus map can be found on the Sport Club Website (rec.ucf.edu) under Officer Resources – Files – Visiting Team Information.
- The RWC is Building 88 on this map.

RWC Facilities

- RWC Lap Pool
 - Must enter through RWC main entrance and walk through the building to get to the Lap Pool.
 - Pool deck is on 1st floor.
 - Spectator seating is on 2nd floor terrace, which overlooks the Lap Pool.
- RWC Park
 - Below is a diagram of the RWC Park complex and the names of the fields.
 - RWC Park is behind the Barbara Ying Center.



Hotels

- Holiday Inn Orlando-University of Central Florida: Dist. 0.79 mi
Address: 12125 High Tech Ave. Orlando, FL 32817
Phone: (407) 275-9000
- TownePlace Suites-Orlando East/UCF Orlando: Dist. 0.96 mi
Address: 11801 High Tech Ave Orlando, FL 32817
Phone: (407) 243-6100
- Courtyard Orlando East/UCF: Dist. 0.82 mi
Address: 12000 Collegiate Way Orlando, FL 32817
Phone: (407) 277-7676
- Hampton Inn & Suites Orlando-East-University of Central Florida: Dist. 1.06 mi
Address: 3450 Quadrangle Blvd Orlando, FL 32817
Phone: (407) 282-0029
- La Quinta Inn: dist. 1.10 mi
Address: 11805 Research Pkwy Orlando, FL 32826
Phone: (407) 737-6075
- Residence Inn Orlando East/UCF: Dist. 1.35 mi
Address: 11651 University Blvd. Orlando, FL 32817
Phone: (407) 513-9000
- Homewood Suites by Hilton Orlando-UCF Area: Dist. 1.42 mi
Address: 3028 N Alafaya Trail Orlando, FL 32826
Phone: (407) 282-0067
- Crestwood Suites Orlando: Dist. 1.92 mi
Address: 11424 University Blvd Orlando, FL 32817
Phone: (407) 249-0044
- Comfort Suites UCF/Research Park Orlando: Dist. 2.06 mi
Address: 12101 Challenger Pkwy Orlando, FL 32826
Phone: (407) 737-7303
- Hilton Garden Inn Orlando East/UCF: Dist. 2.13 mi
Address: 1959 N Alafaya Trail Orlando, FL 32826
Phone: (407) 992-5000
- Radisson Hotel Orlando-UCF: Dist. 2.61 mi
Address: 1724 N Alafaya Trail Orlando, FL 32826
Phone: (407) 658-9008

Restaurants

On-Campus (Knights Plaza):

Domino's Pizza:

Located on West Plaza Drive, across from the UCF Arena.

Hours: 24 hours a day, 7 days a week

Pick-up orders: 407-882-1010

Delivery orders: 407-384-8888

Jimmy John's:

Located in the lobby of UCF Arena facing E. Plaza Drive

Open every day at 10:00 am

Call Ahead: (407) 882-2222

Knightro's:

located at the end of Knight's Plaza on E. Plaza Drive

Hours: Mon-Fri 8am-8pm | Sat-Sun 10:30am-8pm

Phone: (407) 823-2651

Kyoto Sushi & Grill:

Bldg. 137 North Gemini Blvd., Suite J, Orlando, FL 32816

Hours: Mon-Fri: 11am - 10:30pm | Sat: 12pm - 11pm | Sun: 12pm - 10:30pm

Phone: (407) 882-0625

Subway:

Bldg. 137 North Gemini Blvd. Orlando, FL 32816

Located between Red Brick Pizza and The Princeton Review

Hours: Mon-Fri: 8am - 11pm | Sat: 10am-11pm | Sun: 10am-10pm

Off-Campus:

Fast Service:

The Pita Pit: sandwiches/subs, American

Hours: Mon-Sat 11am-3am | Sun 12pm-12am

Address: 12140 Collegiate Way Orlando, FL 32817 (0.53 mi)

Phone: (407) 380-2333

Firehouse Subs: Sandwiches/Subs

Hours: Mon-Sun 10:30am-10pm

Address: 12075 Collegiate Way Orlando, FL 32817 (0.59mi)

Phone: (407) 447-9111

Chipotle Mexican Grill: Mexican, Tacos, Vegetarian

Hours: Mon-Sun 11am-10pm

Address: 11860 University Boulevard Orlando, FL 32817 (0.80 mi)

Phone: (321) 235-3323

Moe's Southwest Grill:

Hours: Mon-Sat 11am-11pm | Sun 11am-10pm

Address: 4650 North Alafaya Trail Orlando, FL 32826 (1.06 mi)

Phone: (407) 658-2160

Lazy Moon Pizza: pizza, soups, salads

Hours: Sun-Thurs 11am-12am | Fri-Sat 11am-2:30pm

Address: 11551 University Boulevard Orlando, FL 32817 (1.14 mi)

Phone: (407) 658-2396

Tijuana Flats:

Hours: Mon-Thurs 10:30am-10pm | Fri 10:30am-10:30pm | Sat 11am-10pm

Address: 11551 University Blvd. Orlando, FL 32817 (1.14 mi)

Phone: (407) 601-4935

Hummus House: Mediterranean, vegetarian, salads

Hours: Mon-Sun 11am-10pm

Address: 11565 University Blvd, Orlando, FL 32817 (1.15 mi)

Phone: (407) 282-7482

Jersey Mike's Subs:

Hours: Mon-Fri 10am-9pm | Sat-Sun 10am-10pm

Address: 3402 Technological Avenue Orlando, FL 32817 (1.16 mi)

Phone: (407) 286-1336

Pei Wei Asian Diner:

Hours: Mon-Thurs 11am-9:30pm | Fri-Sat 11am-10pm | Sun 11am-9:30pm

Address: 3402 Technological Avenue Orlando, FL 32817 (1.16 mi)

Phone: (407) 563-9905

Chick-fil-A:

Address: 11350 University Boulevard Orlando, FL 32817 (1.27 mi)

Phone: (407) 737-0002

Huey Magoo's Chicken Tenders: American, chicken

Hours: Mon-Sun 11am-10pm

Address: 4293 Alafaya Trail Oviedo, FL 32765 (1.37 mi)

Phone: (407) 977-0213

Full Service:

Steak 'n Shake :

Address: 11700 University Boulevard Orlando, FL 32817 (0.83 mi)

Phone: (407) 382-2121

Flipper's Pizzeria:

Hours: Sun-Thurs 11am-12am | Fri-Sat 11am-1am

Address: 4498 North Alafaya Trail Orlando, FL 32826 (0.92 mi)

Phone: (407) 243-9797

Burger 21:

Hours: Mon-Thurs 11am-10pm | Fri-Sat 11am-11pm | Sun 11am-9pm

Address: 11551 University Boulevard Orlando, FL 32817 (1.14 mi)

Phone: (407) 985-3541

IHOP:

Hours: Open 24 hours a day; 7 days a week

Address: 11571 University Boulevard Orlando, FL 32817 (1.17 mi)

Phone: (407) 306-0800

Azteca D'Oro: Mexican, tacos, Tex-Mex

Address: 11633 University Boulevard Orlando, FL 32817 (1.21 mi)

Phone: (407) 737-8388

Ruby Tuesday: American

Hours: Mon-Sat 11am-11pm | Sun 10am-10pm

Address: 11401 University Boulevard Orlando, FL 32817 (1.50 mi)

Phone: (407) 249-5497

The Moat Sports Grille: American, burgers

Hours: Mon-Thurs 11am-12am | Fri-Sat 11am-2am | Sun 11am-10pm

Address: 4250 Alafaya Trail Suite 100 Oviedo, FL 32765 (3.27 mi)

Phone: (407) 542-4983