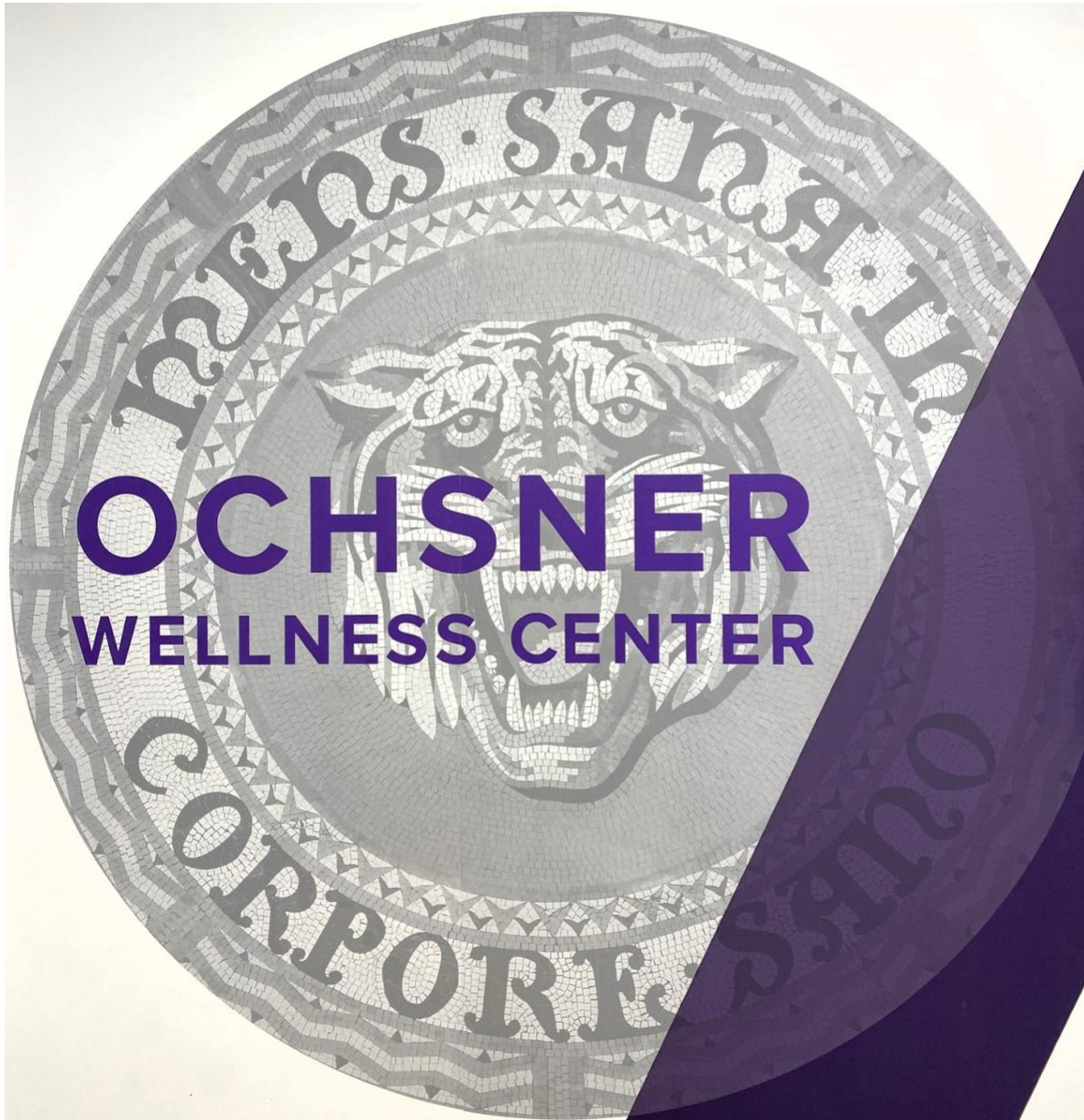


LSU School of Kinesiology



Policies & Procedures

---Version 2.0---

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Introduction

The Ochsner Wellness Center opened in May of 2023 as part of the renovations to the historic Huey P. Long Fieldhouse. This was made possible by a generous financial gift from Ochsner Health System. The Ochsner Wellness Center is over 15,000 square feet and offers a weight training area, multipurpose court area, cardio fitness room, dance studio, and jogging/walking track.

Mission Statement

The Ochsner Wellness Center will be utilized as a multifaceted instructional space, resource for clinical research, and to promote wellness within the College of Human Sciences & Education.

Facility Usage

- The facility is available to LSU students enrolled in classes scheduled in the Ochsner Wellness Center, and College of Human Sciences & Education Faculty and Staff.
- The facility is available from 6:30 AM to 5:30 PM, Monday- Friday.
- The facility will be closed on official University holidays and breaks.
- Faculty and Staff usage shall not interrupt or interfere with classroom instruction.

The main entrance for the OWC will be through the corridor on the basement level just past the Athletic Training Suite. Students can access the OWC through the main entrance or colonnade.

Assumption of Risk

Participation in exercise includes the risk of injury, both minor and severe. Participants should seek the advice of a licensed physician before beginning an exercise program. In addition, participants must obey all safety rules and contact their physician if they experience any physical problems related to exercise.

General Facility Information

Physical Address:

50 Fieldhouse Dr.
Huey P. Long Fieldhouse
Baton Rouge, LA 70803
225-578-2036 (LSU School of Kinesiology)

Operations Manager:

Keith Thompson, MS, ATC, CSCS, CES
225-578-5366, Office
225-268-4321, Cell
Keiththompson@lsu.edu, Email

Website:

<https://www.lsu.edu/chse/kinesiology/owc.php>

Instagram:

@lsu_kinesiology

Important Phone Numbers

Emergency: 9-1-1

Campus Police: 225-578-3231

Student Health Center: 225-578-6271

LSU Mental Health Services: 225-578-8774

Poison Control: 1-800-222-1222

General Policies

- All students using the OWC must be accompanied and supervised by an LSU Faculty or Staff Member.
- All students taking an LSU Kinesiology activity course must have a signed Release & Indemnification Agreement (Appendix A) on file prior to using the facility. Instructors are responsible for obtaining student signatures during the first week of class.
- All CHSE faculty and staff, and research and OWC event participants must have a signed Participation Agreement (Appendix B) prior to using the facility.
- The OWC operates on an “exercise at your own risk” policy for all College of Human Sciences & Education faculty and staff that utilize the facility.
- Immediately report any facility related injury or facility/equipment irregularities.
- Offensive, abusive, disruptive, or inappropriate behavior or language will not be tolerated and will be grounds for removal from the facility.
- The OWC is a substance-free facility. The use of alcohol, drugs, tobacco products, and electronic cigarettes is strictly prohibited.
- Disinfecting wipes are provided around the facility. Please wipe off the equipment when you are done.
- Do not throw or kick any objects against the walls or windows, including medicine and plyo-balls.
- The OWC is not responsible for lost or stolen items. Lost items can be recovered in the main Kinesiology office (Suite 1250).
- Do not prop open any doors.
- Bicycles, scooters, and skateboards are not allowed in the facility.
- Chalk is not allowed in the facility.
- Any violation of these rules may result in loss of privileges and/or disciplinary action.



Ochsner Wellness Center Emergency Action Plan

In the Event of an Emergency : Dial 9-1-1

Communication:

There is an Emergency call button next to the fire alarm by the small flight of stairs at the end of the Basketball court. This is the only Emergency call button in the facility.

LSU Police : 225-578-3231

Address:

50 Field House Dr; Huey P. Long Field House; Baton Rouge, LA 70803

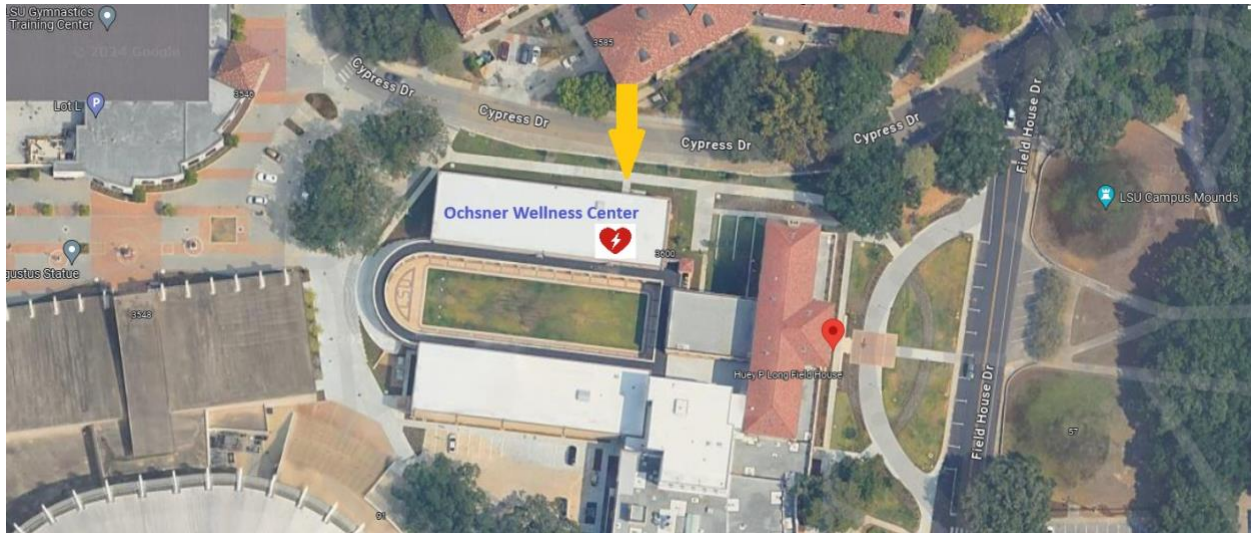
Emergency Equipment:

There is an AED and First Aid kit on the Main/Basement Level next to the Elevator.

There is an AED and First Aid kit Upstairs in the Stairwell

Evacuation Route:

EMS/Ambulance can enter the Ochsner Wellness Center off Cypress Drive, or through the main entrance of Huey P. Long Fieldhouse (Fieldhouse Drive).



Roles of First Responders:

1. Immediate care of the injured or ill victim.
2. Activate EMS- Call 911 and notify Campus Police (225-578-3231).
3. Retrieve Automated External Defibrillator (AED).
4. Direct EMS to your location.
5. Crowd control: Limit scene to first aid providers and move bystanders away from area.

Accidents & Injuries

When an injury occurs, the priority is taking care of immediate medical needs. In an emergency, call 9-1-1 and notify LSU Police (225) 578-3231.

An Emergency “call button” is located on the West-end (closest to the PMAC) of the Multipurpose Area/Basketball Court. The Emergency call button is on the wall at the top of the small flight of stairs.

Accident Form

Use the Accident Form linked below to report all incidents that resulted in an injury or had the potential to cause an injury to others on University property, or at a University activity or event.

<https://lsu.edu/riskmgmt/claims/injury-reporting.php>

Workers Compensation

All employees who are reporting a work-related incident/injury involving an LSU employee (Faculty, Staff, Graduate Assistants, and Student Workers) should follow the protocols outlined on the Workers Compensation page.

<https://lsu.edu/riskmgmt/insurances/workers-compensation.php>

Attire & Footwear

Instructors and staff reserve the right to determine the acceptability of all exercise attire. The decisions of the instructors and staff concerning appropriate attire will be final. Failure to dress properly will result in denial of use of the OWC.

- Tops, bottoms, and shoes must be worn in the OWC at all times.
- Sandals and open-toed shoes are not permitted in any activity area throughout the OWC.
- Court shoes must be worn for all court activities. Shoes that mark the floors, have open toes or heels, and turf shoes are prohibited.
- Jewelry which may cause equipment damage or pose risk of injury should be removed.
- Clothing with offensive language, designs, or pictures may not be worn during participation of programs or services offered by the OWC.

Building Information

Emergency Call Button

There is an Emergency call button next to the fire alarm by the small flight of stairs at the end of the basketball court. This is the only Emergency call button in the facility.

Automated External Defibrillator (AED) Locations

Basement (Main) Level

1. The AED is on the wall next to the Elevator. It can be accessed by the Weight Training Area, Multipurpose/Court Area, and Colonnade. There is also a small First Aid kit on top of the AED cabinet.

Level 1 (Upstairs)

1. The AED is located on the wall in the stairwell. It can be accessed by the Cardio Room, Dance Studio, and Jogging/Walking Track.

Fire Alarm Locations

Basement (Main) Level

1. Hallway along restrooms that leads to elevator lobby and main level.
2. Next to the stairs that lead to exit door in the Multipurpose Area/Basketball Court.
3. Foyer entrance off Cypress Dr.

Level 1 (Upstairs)

1. In the stairwell next to Dance Studio, across from Cardio Room.
2. In the Cardio Room next to exit door by the treadmills.
3. Inside the Dance Studio near the outside entrance door.

Fire Extinguisher Locations

Basement (Main) Level

1. Next to the elevator by the Weight Training area.
2. At the end of the Basketball Court, next to stairs that lead to exit door.

Level 1 (Upstairs)

1. There is one fire extinguisher in the Cardio Room next to the elevator.

Lightning Safety

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

Be aware of National Weather Service-issued (NWS) thunderstorm “watches” and “warnings” as well as the signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

Be aware of how close lightning is occurring. The Flash-to-Bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

To use the Flash-to-Bang Method:

Count the seconds from the time the lightning is sighted to when the clap of thunder is heard.

Divide this number by five to obtain how far away (in miles) the lightning is occurring.

For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away.

Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of a safe shelter.

All individuals must be completely within the Huey P. Long Fieldhouse when the storm is within 6 miles, or with a flash-to-bang count of 30 seconds.

Wait at least 30 minutes after you hear the last clap of thunder or see lightning to resume outdoor activity.

LIGHTNING SAFETY

Warning Signs of Lightning

Lightning always accompanies thunderstorms because it causes thunder. If there is a thunderstorm in your area, then lightning will be present as well.

Signs of thunderstorm development include **thunder, high winds, darkening skies, rainfall and brilliant flashes of light**. Run to a **safe building or vehicle** when you first hear thunder, see lightning or observe dark threatening clouds developing overhead.

source: weather.gov/media/owlie/lightning3_050714.pdf



**When
Thunder
Roars,
Go Indoors!**

STOP all activities.

Seek shelter in a substantial building or hard-topped vehicle.

Wait 30 minutes after the storm to resume activities.

www.lightningsafety.noaa.gov



How to Stay Safe When Lightning Strikes

The best way to stay safe from lightning strikes is to **seek shelter immediately**. A building with electricity and/or plumbing or a metal-topped vehicle with the windows closed are the safest places to be to avoid lightning. Once you are indoors you should:

- Stay off corded phones
- Do not touch electrical equipment or cords.
- Avoid plumbing. Do not wash your hands, take a shower, or wash dishes.
- Stay away from windows and doors. Keep off of porches.
- Do not lie on concrete floors or lean on concrete walls.

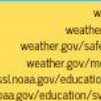
Remain indoors until **at least 30 minutes** after you hear the last clap of thunder.

Remember, **When Thunder Roars, Go Indoors!**

source: weather.gov/media/owlie/lightning3_050714.pdf



www.lightningsafety.noaa.gov



References

1. Walsh, K.M., et al, National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation. *Journal of Athletic Training* 48(2): 258-270.
https://www.nata.org/sites/default/files/lightning_safety_for_athletics_and_recreation.pdf
2. National Weather Service, NOAA. Lightning Safety Tips and Resources.
[Lightning Safety Tips and Resources \(weather.gov\)](http://LightningSafetyTipsandResources(weather.gov))
3. NCAA Committee on Competitive Safeguards and Medical Aspects of Sports: Lightning Safety.
<https://www.ncaa.org/sports/2014/4/9/lightning-safety.aspx>

Food & Beverages

- Food and open beverage containers are prohibited.
- Spill resistant and shatter-proof water bottles are permitted.
- No gum or candy.

Parking

The OWC cannot forgive or pay for parking tickets. All parking ticket issues should be directed to LSU Parking & Transportation Services (225-578-5000).

Visitors must coordinate with the School of Kinesiology, prior to their arrival, to receive a valid parking pass. Limited parking spaces are on Fieldhouse Drive across from the Huey P. Long Fieldhouse.

Restrooms & Lockers

- Restrooms, lockers, and showers are located on the Basement (Main) Level.
- Restrooms are provided for users to prepare themselves before and after working out; respected behaviors and manners are required at all times.
- Users must supply their own bath towels and other personal items.
- Lockers located in the restrooms are for day use only. Participants may use locks to secure their clothing or equipment in a locker; locks and items must be removed before leaving.
- Locks not removed from the lockers will be cut off at the owner's expense, and items will be placed in the lost and found.

Jogging/Walking Track

- The track is designed for running, jogging, and walking. Please be courteous and cautious of the speed of other individuals on the track. Faster runners are to remain on the outside lane.
- No leaning, sitting, or standing on the track railing.
- Please wear appropriate running or walking shoes when using the track.
- Shirts must be worn at all times.
- Stretching is to be performed off the main track area.
- Distance: Approximately 10 laps = 1 mile.

Weight Training Area and Weights

- Please re-rack weights and dumbbells after use. Benches should be returned to a flat position.
- Dropping or slamming weights is prohibited.
- Free weights must stay in the weight room at all times.
- The use of spotters is highly recommended and collars on bars are required.
- Ask Faculty or Staff if you want help with how to use equipment.
- Wipe down benches and equipment after each use.
- Do not place weights or dumbbells on padded benches.
- Report any damaged equipment, accidents, or misconduct to the weight room staff.
- Personal speakers are not permitted.

Weightlifting Platforms

- Only rubber (bumper) plates are allowed on the platforms.
- Weights are not to be dropped anywhere above the knees.
- Do not allow the bar to bounce.
- Collars are mandatory at all times on the platforms.

<https://eleiko.com/en-us/equipment/platforms/freestanding/3070113-060-eleiko-iwf-weightlifting-warm-up-platform-3-x-2-5-m>

Multipurpose Area & Basketball Court

- Appropriate, non-marking athletic shoes are required to participate in activities in the Multipurpose Area/Basketball Court.
- Only use Painter's Tape if you need to mark-off anything on the court. Remove the tape immediately after use.
- Dunking, grabbing, or hanging on the basketball rim is prohibited.
- The key for the Basketball Goal and Curtain will remain in the School of Kinesiology office (Suite 1250). The OWC Operations Manager also has a key.
- The legs of chairs, tables, etc., should be equipped with feet and not sharp-ended.
- All equipment must be properly stored in the storage cabinets.

Cardio Room

- There is a twenty-minute time limit on cardio equipment if someone is waiting.
- Wipe down cardio equipment after each usage.

Dance Studio

- Flooring is “L’Air Professional Dance Vinyl”, which is suitable for all dance disciplines.
- Shoes should be clean and free of dirt and debris.
- Students and participants should refrain from putting their shoes on the wall.
- The legs of chairs, tables, etc., should be equipped with feet and not sharp-ended.
- Do not use “Simple Green” or “organically based” cleaners.

Americans with Disabilities Act (ADA) Statement

The OWC is compliant with ADA regulations. Persons with disabilities are encouraged to utilize the facility and should check specific course requirements.

Individuals with disabilities are encouraged to attend all OWC sponsored events. If you are a person with a disability who requires an accommodation in order to participate in a program, please contact the School of Kinesiology (225-578-2036) prior to the event.

Animals

Only service animals are permitted in the OWC. The Americans with Disabilities Act (ADA) allows this to happen. We recommend that the service animal is clearly marked for other members to be aware the animal is a service animal.

APPENDIX A

Activity Class Release & Indemnification Agreement

Louisiana State University and Agricultural and Mechanical College & School of Kinesiology
Activity Class Release & Indemnification Agreement

KIN _____ SEC _____ SEMESTER/YEAR _____

Instructor: _____

I, _____, have enrolled in KIN _____ SEC _____ for this semester. In consideration of my participation in the Activity, I hereby accept all risk and release the Board of Supervisors of Louisiana State University and Agricultural and Mechanical College on behalf of the School of Kinesiology and their respective officers, employees, agents, or representatives (herein referred to as LSU) from any and all liability to me, my personal representatives, estate, heirs, next of kin and assigns for any and all claims and causes of action for loss of or damage to property and for any and all illness or injury to my person, including my death, that may result from or occur during my participation in the Activity, whether caused by negligence of LSU, or otherwise. I further agree to indemnify and hold harmless LSU from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in the Activity. I will wear the proper athletic attire and I agree to abide by all rules of the sport as mandated by the School of Kinesiology. Further, as a condition of my participation, I attest that I have medical insurance coverage. I, the undersigned, am at least eighteen years of age and have read this release form and understand all its terms. If I, the undersigned, am under the age of eighteen years, in addition to my signature, my parent or legal guardian has also signed below, signifying their approval of my participation, and that he/she has read and understands the risks and terms of this release and indemnification agreement.

<i>NAME (Print)</i>	<i>EMERGENCY CONTACT (Name)</i>	<i>EMERGENCY CONTACT (Relation to Student)</i>	<i>EMERGENCY CONTACT (Phone Number)</i>	<i>SIGNATURE/ DATE</i>

APPENDIX B

Faculty/Staff Participation Agreement

By participating in or using any activities, programs, equipment, or facilities available through the **Ochsner Wellness Center**; participant/user hereby agrees to the following terms and conditions:

I hereby accept all risk and release the Board of Supervisors of Louisiana State University and Agricultural and Mechanical College on behalf of the School of Kinesiology and their respective officers, employees, agents, or representatives (herein referred to as LSU) from any and all liability to me, my personal representatives, estate, heirs, next of kin and assigns for any and all claims and causes of action for loss of or damage to property and for any and all illness or injury to my person, including my death, that may result from or occur during my participation in and/or usage of the Ochsner Wellness Center, whether caused by negligence of LSU, or otherwise. I further agree to indemnify and hold harmless LSU from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in or using the Ochsner Wellness Center. I will wear the proper athletic attire and I agree to abide by all rules of the Ochsner Wellness Center as mandated by the School of Kinesiology. I, the undersigned, am at least eighteen years of age and have read this release form and understand all its terms. If I, the undersigned, am under the age of eighteen years, in addition to my signature, my parent or legal guardian has also signed below, signifying their approval of my participation, and that he/she has read and understands the risks and terms of this release and indemnification agreement.

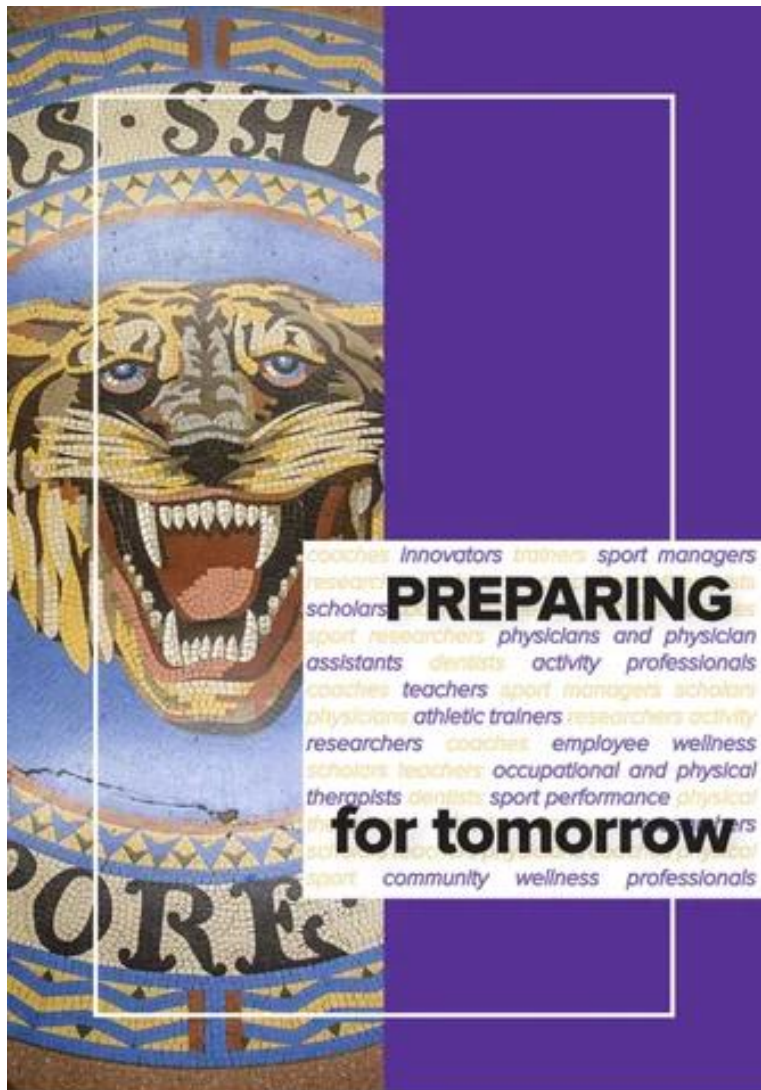
Print Name

Signature

Date

Emergency Contact Name

Emergency Contact Phone



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225-578-2036