



Tarble Athletic and Recreation Center Policies

Overview

Built in 2001, the N.E. Tarble Athletic and Recreation Center, known as the “TARC,” serves as the athletic and recreation hub for Carthage. The TARC includes the Koenitzer Aquatic Center, indoor rock-climbing wall, 200-meter indoor track, the Semler Fitness Center, Marconi Varsity Weight Room, Baseball/Softball Center, the Tarble Arena, and the fieldhouse comprised of multipurpose courts for basketball, volleyball and tennis.

User Regulations

- All Carthage students, faculty, staff, and alumni with a valid Carthage I.D. may use the recreational facilities (fieldhouse and Semler Fitness Center) during open hours. *Unless closed for athletics*
- All persons utilizing the TARC must abide by the policies set forth in this guide
- Children must be directly supervised by an adult at all times
- We do not sell memberships to the facility or allow outside persons without Carthage affiliation
- The use of profane language or aggressive behavior will not be tolerated
- Physical and/or sexual harassment will lead to immediate removal and possible permanent ban from the TARC

Guest Policy

All current Carthage students, faculty, and staff with a valid Carthage ID may bring **one** guest with them to the TARC.

- One valid Carthage ID from student/faculty/staff = one non-Carthage guest
- All guests must sign-in at the Control Room with a TARC employee
- Non-Carthage guest must stay with Carthage student/faculty/staff at all times
- Guests are under the responsibility of the Carthage host while in the TARC and must leave the building at the same time
- Equipment can only be checked out by the Carthage host using a valid Carthage ID
- *Alumni may not bring guests*

Maintenance / Cleaning

Our maintenance and EVS crews work hard to keep the building clean. We expect you to clean up after yourselves and notify staff immediately of any maintenance or cleaning issues.

Facility Hours

The TARC is open during the academic year, summer, and partially during school breaks. Normal academic year hours are posted below. Break schedules and summer hours will be posted on the bridge, facebook page, and notices around building.

Academic Year TARC Hours

Monday-Thursday 6 A.M. - 11 P.M.

Friday 6 A.M. - 9 P.M.

Saturday 8 A.M. - 8 P.M.

Sunday 11 A.M. - 11 P.M.

TARC Policies

- As stated in the User Regulation section, all facility users must present a VALID CARTHAGE I.D. and/or scan into the building
- **Food / Gum is not permitted on any of the playing surfaces**
- Athletic shoes must be worn while running on the track, working out in Semler Fitness Center, and during all other recreational activities unless otherwise noted
- Hanging on the basketball rims in any facility area is not permitted
- Please lock up belongings in the locker room to avoid theft (Carthage is not responsible for theft that occurs when belongings are not properly stored).
- Use of tobacco products is not permissible within the TARC or within 20 feet of the physical building
- Fighting of any kind will not be tolerated and will lead to immediate dismissal from the facility as well as security being contacted
- All TARC staff retains the right to remove any individual who is breaking the policies and rules set forth in this handbook or feels otherwise appropriate
- Use of bikes, rollerblades, skateboards, etc are not permitted in the TARC
- Please refer to the approved vs. non-approved activities for each area

- Participating in non-approved activities in a designated area will lead to dismissal and possible ban to the facility
- **TARBLE ARENA IS RESERVED FOR VARSITY ATHLETES ONLY**

TARC Scheduling Policies

The TARC and all areas within the TARC are scheduled by TARC Coordinator, Cole Stramer. Any requests for reservations not related to Carthage Athletics should be made directly through the TARC Coordinator. Priority in scheduling normally reflects as follows:

1. Academic Courses 2. Varsity Athletics 3. Campus Recreation (Intramural Sports / Group Fitness / Personal Training / Events) 4. Club Sports 5. Student Organizations 6. Outside Groups

*Facility areas are not considered reserved unless directly set-up by TARC Coordinator or Director of Athletic Facilities

Equipment

The control room of the TARC is staffed by an employee that can rent recreational sporting equipment to valid Carthage ID holders.

- Carthage ID will be held until the equipment is returned
- Carthage ID holder is responsible and will be charged for all lost, damaged, or stolen equipment
- Use of any nets, net posts, or additional sporting game setup needs to be communicated with the TARC Coordinator at least 48 hours prior to use
- TARC employees have the authority to suspend play and/or dismiss individuals from using equipment if not done properly

Locker Rooms

ATTENTION: DO NOT LEAVE BELONGINGS IN ANY AREA OF THE FACILITY OTHER THAN LOCKER ROOMS --- please lock your items up to avoid theft

- Lockers are available for **daily use only**
- Locks can be rented from the control room
- Any lock left on a locker overnight may be cut and contents discarded
- Carthage is not responsible for any lost or stolen items
- Sweat towels are available in Semler Fitness Center (subject to availability and washing schedule)
- Towels must be returned to Semler Fitness Center to be cleaned for further use

Koenitzer Aquatic Center

The pool is open for use during open swim hours in which a lifeguard will be on duty. Pool use outside of these times is reserved for varsity athletic teams, swim lessons, classes, and otherwise scheduled. The pool is closed on certain Saturdays for swimming and diving home meets. Closure notices are posted on The Bridge

Open Swim Hours Academic Year

Monday-Friday 12 P.M. - 1:30 P.M. ; 6 P.M. -9 P.M.

Saturday 12 P.M. - 2 P.M.

Sunday 2 P.M. - 4 P.M.

- No one is allowed into the pool area without proper identification as stated within the user regulation section
- In accordance with Health Department regulations, the user and any guest must sign-in at the pool check-in desk
- Children must be accompanied by an adult and directly supervised at all times
- Running, pushing, horseplay, etc is absolutely not permitted and will result with immediate removal
- Rafts and floats are not allowed
- The lifeguard is in charge at all times
- All pool rules and regulations must be followed

TARC Facility Areas

Tarble Arena

- The arena is reserved for Varsity Athletics, all other use needs to be cleared with the Director of Athletics Facilities, Brady Lindsley
- If you do not have specific permission to be on the arena floor, you will be asked to leave

Approved Activities	Non-Approved Activities
Basketball	Soccer / Kickball
Volleyball	Hula Hoops, Frisbee, & Other Plastic Toys
Conditioning	Gymnastics Mats
	Scooters / Skateboards / Wheeled Items
	Football
	Baseball / Softball
	Lacrosse

*Tape on the Tarble Arena Floor is strictly prohibited

*No food, gum, canned beverages, glass bottles, or cups permitted

*Chairs & Tables must have a protective surface to be placed on the arena floor

*CLEAN NON-MARKING ATHLETIC SHOES THAT HAVE NOT BEEN WORN OUTSIDE DIRECTLY PRIOR ARE REQUIRED

Semler Fitness Center

- Users must sign-in at the desk
- Users must have valid Carthage ID (single guest must sign-in at control room)
- Children under 16 are not permitted to use the fitness center
- Proper athletic attire must be worn at all times (including shoes)
- No food, gum, canned beverages, glass bottles, or cups permitted
- Carthage is not responsible for lost or stolen items
- Weights and equipment must be returned to appropriate area after use
- Weights can not be dropped, slammed, or throw to the floor (Olympic lifts are not permitted unless weight can be controlled to the floor)
- Equipment must be wiped down after use
- Refrain from using chalk in the workout area
- Return all sweat towels
- Inappropriate language or violent behavior of any kind will not be tolerated

Fieldhouse

- Courts can be separated by curtain, please ask fieldhouse staff for assistance
- Courts can be used for indoor soccer, floor hockey, tennis, badminton, etc.
- Playing catch (baseball, softball, lacrosse, is permitted, however all curtains need to be down in order to prevent windows from being broken)
- There is absolutely no hanging from the nets or rims
- There is no food, drink, or gum allowed on playing surface or track
- Academic classes, varsity sports, campus rec activities always have priority over free-play. These entities hold the authority to ask you to vacate.

Art Keller Field and adjacent Practice Field

- Art Keller Field (turf) is reserved only for Varsity athletics unless otherwise permitted by athletic director
- Practice field is reserved only for Varsity athletics and intramural sports unless otherwise permitted by athletic director

Baseball / Softball Fields

- Baseball and Softball fields are used only for Varsity athletics unless otherwise permitted by athletic director

Smeds Tennis Center

- Smeds Tennis Center is open for leisurely play
- Varsity Tennis teams have priority on the courts

Lost & Found

As previously stated, Carthage does not take responsibility for lost or stolen items as it is imperative that you place your belongings in a locked locker. TARC staff will not watch over or hold your belongings at any point in time. However, the control room does have a lost and found for misplaced items.

Injuries, Liability, and Emergencies

- If an injury occurs during recreational free play or workout session, please find the nearest employee
- If the injury is serious, the staff will contact Carthage Security
- Users can find fire alarms and extinguishers throughout the facility
- AED machines are located in the main lobby, Semler Fitness Center, Fieldhouse, and Tarble Arena
- Please refrain from using the elevator during any fire emergency
- In case of fire alarm, all users must vacate the facility immediately
- **Do not hold doors open for anybody; while we understand you may be trying to be polite, it makes it harder for staff to determine who is supposed to be here and who is not permitted. Please do not prop doors open.**
- Individuals are responsible for any injuries suffered as it is personal choice to use the facility
- **By entering the TARC on a voluntary basis, you agree to waive all damages, injuries, or losses that you may sustain while using the facility and/or equipment**

Disciplinary Action

- TARC staff has the right to enforce all of these stated policies at anytime during use
- These policies can not be broken, bent, and/or corrupted while all policies are set to a standard that cannot be changed without specific clearance
- Verbal warnings, ejection from activity or area, as well as dismissal from the building are all authorities TARC staff reserves the right to use
- Severity of incident will determine bringing in Carthage Public Safety, Kenosha PD, and/or permanent ban from the facility
- Usage of the TARC is a privilege and can be revoked with persistent disregard for the rules