

The Bickman Fitness Center

The following guidelines will help ensure a safe and cooperative operation of the Bickman Fitness Center.

- Everyone must leave a valid ID with the Fitness Center proctor upon entering the facility and fill out a liability waiver form annually.
- We allow one guest per ID. The guest will be signed in by the Clark proctor and must also fill out a liability waiver form. The guest must leave when the Clark person leaves.
- Accidents/injuries must be reported to the Fitness Center proctor immediately and an accident/injury report form filled out.
- Shirts, sneakers and work-out clothing are to be worn at all times. No jeans, please.
- Only plastic water bottles are permitted.
- Head phones must be used to listen to music.
- Please remember we are not responsible for personal items or valuables.
- A spotter should be used for free weights.
- There is a 32-minute limit on the cardiovascular machines during busy periods. Please use the waiting list if the machine is occupied.
- Please re-rack the weights and wipe down the machines when finished.
- Please remember we are not responsible for personal items or valuables.

Membership

User privileges are for Clark students, faculty, staff, family members 16 years of age and older. Family members include domestic partners and dependents (as defined by the Human Resources Employment Guideline Manual).

Hours - Academic Year

Monday – Thursday	7am-10pm
Friday	7am-8pm
Saturday	10am-8pm
Sunday	10am-10pm

Hours subject to change and may vary upon demand.
Summer hours posted at the end of the spring semester.

Orientation

It is highly recommended that each person participate in a brief, one-time orientation session to become familiar with proper use of the equipment, safety precautions, and general facility use. It is **mandatory** for everyone to complete a liability waiver form each year before using the equipment. Users of the facility must leave a valid Clark ID with the instructor on duty upon entering the Bickman Fitness Center.

Paul Phillips, Fitness Center Supervisor, Ext. 7430

Dolan Field House and Clark's Outdoor Facilities

Dolan Field House

- Located on Beaver Street
- 30,000 square feet including 16,000 square foot multi-purpose floor
- 2 basketball courts, volleyball, badminton, tennis
- Hours vary during holidays, breaks and vacations
- Practice facility with locker rooms
- Training room for outdoor teams
- Intramural facility

Russ Granger Athletic Fields

- Located on Beaver Street
- Intercollegiate field hockey, lacrosse and baseball turf field with lights
- Intercollegiate soccer grass field with lights
- Field space for intramurals, clubs, and recreation

Corash Tennis Courts

- Located on Beaver Street
- Six plexipave courts with lights
- Used for intercollegiate practice and matches in fall and spring (generally 3-7pm)
- Also available for intramurals and recreation

O'Brien Softball Field

- Located on Knowles Road (off June Street)
- Home of Clark's softball team

Lake Quinsigamond Boathouse – Donahue Rowing Center

- Shared boathouse of Worcester area colleges and universities
- Generally available for intercollegiate use only

Directions to the Dolan Field House, Granger Athletic Fields, O'Brien Softball Field and Lake Quinsigamond Boathouse are available at the Kneller Athletic Center and on the athletic web site:

(www2.clarku.edu/departments/athletics)