

# DHMC VOLLEYBALL COURT POLICIES AND PROCEDURES

**Effective Date:** 9/25/2012

**Updated:** 06/04/15

## BACKGROUND

In support of Dartmouth-Hitchcock's vision to *achieve the healthiest population possible*, and the Live Well/Work Well program's vision to *achieve the healthiest D-H workforce possible*, an onsite recreational area for volleyball has been established on the D-H campus. This opportunity is provided to encourage all D-H employees and their families, volunteers and onsite DMS students to increase their level of physical activity.

## PURPOSE

The purpose of this document is to provide guidelines for the safe and sanctioned use of the volleyball court located adjacent to Lot 20 on the DHMC campus.

## POLICY

Eligible participants may use the volleyball court on a voluntary basis on their own time. All employees using the volleyball court must review the [D-H Volleyball Information Sheet](#) and the [Physical Activity Readiness Questionnaire](#) (PAR-Q) to determine if they require medical advice concerning this type of activity. After reviewing these documents, they are allowed use of the court at their own risk.

Alcohol & tobacco use are prohibited on DHMC properties.

If injured while participating in volleyball activity, participants are not eligible for workers' compensation. Participants assume responsibility for any injury resulting from participation.

## ROLES AND RESPONSIBILITIES

Overall direction of the D-H Volleyball Court will be under the supervision of the Live Well/Work Well program. Users of the court are expected to self-police the court, remove any trash, and return the equipment when play is complete.

The full DHMC **Code of Ethical Conduct** applies when using the DHMC Volleyball Court. Non-adherence to these policies may result in loss of privileges and disciplinary action.

## SECURITY

In case of emergency, call 911.

If you have any questions, please contact the Live Well/Work Well Program at 603-650-5900

To reserve the court for organized team play or to have your name placed on the DH Volleyball contact list, please email Health & Wellness Coach Pamela Tilton, [Pamela.Tilton@hitchcock.org](mailto:Pamela.Tilton@hitchcock.org)

### **AVAILABILITY AND SCHEDULING**

- The court is available to all eligible participants during scheduled lunch breaks and after scheduled work hours including weekends, until dusk.
- Any determination of the exact times of “lunch break” remains solely with the management of your department.

We encourage a mix of pick-up games and organized team play.

Pick-up games are arranged via the DH Volleyball contact list.

During the ‘playing season’, the net remains in place and the volleyballs are kept in a box at the court.

### **PARKING**

During work hours, employees must park in their designated employee parking area. After hours and on weekends, participants can park in Lot 20.

### **PROPER ATTIRE AND FOOTWEAR**

Shirts or sports tops and closed-toed athletic footwear must be worn. For safety reasons, open-toed shoes, Crocks, & bare feet are not permitted.

### **LOCKERS**

There are open lockers in the D-H Fitness Room on Level 2 in the Faulkner Building and storage cubes and showers in the Colburn Hill locker rooms on Level 1. These lockers/cubes are available for storing personal items while you are using the volleyball court. Do not store items in these lockers/cubes as they will be removed.

### **SHOWERS**

Bathrooms and showers are available on Level 2 next to the D-H Fitness Room and in the Colburn Hill locker room. Towel service is not provided. Carry in – Carry out.

### **EQUIPMENT**

Safe and proper use of equipment is required at all times. Equipment must not be altered and must be used in accordance with its intended purpose.

### **MAINTENANCE**

Maintenance and security for the DHMC Volleyball Court will be under the supervision of the Live Well/Work Well Program.