



VCU Recreational Sports

Reasons for Maintaining a Dress Code in Recreational Sports Facilities

This document has been compiled to provide a detailed rationale for the provisions of the VCU Recreational Sports Dress Code related to the requirement to wear a shirt covering the individual's midsection. Such a provision in a dress code aligns with best practices for campus recreation, as evident by a list of fifty schools' dress code guidelines. Furthermore, studies have shown personal hygiene, cleaning equipment, and wearing correct exercise clothing to reduce skin to equipment contact is important when reducing the risks of skin infections and increasing the longevity of exercise equipment.

Colleges and Universities with a Campus Recreation Dress Code Requiring a Shirt

These are a list of schools that require patrons to wear a shirt in their facilities at all times.

1. University of Cincinnati - <https://www.uc.edu/campusrec/facilities/rules.html>
2. Arizona State - <https://fitness.asu.edu/policies>
3. Texas tech - <http://www.depts.ttu.edu/recsports/facilities/policies.php>
4. University of Texas - <https://www.utrecsports.org/facilities/eligibility-facility-usage-guidelines>
5. West Virginia University - http://studentreccenter.wvu.edu/facility/facility_rules
6. Eastern Kentucky University - <http://campusrec.eku.edu/policies-procedures>
7. Northern Kentucky University - <https://campusrec.nku.edu/facilities/campusreccenter/recfacilitypolicies.html>
8. University of Florida - <http://recsports.ufl.edu/about/recsports-policies/general-policies-of-swrc-and-srhc>
9. North Carolina - (<http://campusrec.unc.edu/program/facility-policies/>)
10. Ohio University - <https://www.ohio.edu/recreation/walterfieldhouse/facilityinfo.cfm>
11. UMass Amherst - <http://www.umass.edu/campusrec/facilities/indoorfacilities/recreationcenter/policies/>
12. Florida State University - <http://campusrec.fsu.edu/fitness/leach-fmc/facility-policies>
13. Oregon University - <https://uorec.uoregon.edu/about/policies/>
14. Northern Illinois University - <http://www.niu.edu/campusrec/openrec/policy.shtml>
15. University of Houston - <http://www.uh.edu/recreation/facilities/policies.html>
16. University of Texas at San Antonio - <https://campusrec.utsa.edu/about/policies>

17. University of Utah - <http://campusrec.utah.edu/general-info/policies/>
18. West Chester University - http://www.wcupa.edu/_services/campusrec/clothingPolicy.aspx
19. University of Tennessee at Martin - https://www.utm.edu/departments/campusrec/_pdfs/Manual.pdf
20. University of South Florida - <http://usfweb2.usf.edu/CampusRec/facilities/policies.html>
21. University of Rhode Island - <http://web.uri.edu/campusrec/rules-regulations/>
22. Northern Kentucky University - <https://campusrec.nku.edu/facilities/campusreccenter/recfacilitypolicies.html>
23. Georgia Tech - <http://www.crc.gatech.edu/content/281/campus-recreation-center-policies>
24. Arizona University - <https://rec.arizona.edu/facility-rules>
25. Eastern Kentucky University - <http://campusrec.eku.edu/policies-procedures>
26. Texas State University - <http://www.campusrecreation.txstate.edu/facilities/src.html>
27. Stony Brook University - <http://studentaffairs.stonybrook.edu/rec/home/policies-procedures.html>
28. Brigham Young University - <http://rbfacilities.byu.edu/content/dress-grooming>
29. Boise State University - <https://rec.boisestate.edu/membership/membership-policies/patron-attire-policy/>
30. University of New Hampshire - https://campusrec.unh.edu/sites/campusrec.unh.edu/files/media/Facilities/unh_facility_policy_manual.pdf
31. Purdue University - <http://www.purdue.edu/recwell/facilities/policies/index.php>
32. Youngstown State University - <http://cms.yzu.edu/administrative-offices/campus-recreation-and-wellness/general-policies>
33. Illinois State University - <http://campusrecreation.illinoisstate.edu/about/policies/sfc/#tabs-accord4>
34. University of Dayton - https://www.udayton.edu/studev/health_wellness/campusrec/about/guidelines-policies.php
35. Indiana University Bloomington - http://recsports.indiana.edu/about-us/Policy%20Files/SRSC_SandC_Policies.pdf
36. East Tennessee State University - <http://www.etsu.edu/students/campusrec/Dress%20Code%20Policies%20Flyer%20Summer%202016.jpg>
37. Georgia Southern University - <http://recreation.georgiasouthern.edu/member-policies/>
38. University of Wisconsin Madison - <https://recsports.wisc.edu/guidelines.htm>
39. Montclair State University - <https://www.montclair.edu/campus-recreation/about-us/policies-rules/>

40. University of Wisconsin Stout - http://www.uwstout.edu/urec/hfc/upload/Fitness_Center_Policies_Procedures.pdf
41. Kansas State University - <http://recservices.k-state.edu/complex/GenPoliciesInfo.html>
42. University of California Irvine - http://www.campusrec.uci.edu/arc/includes/arc_policies.pdf
43. University of Northern Colorado - http://www.unco.edu/campusrec/rec_center/rules.htm
44. Wayne State University - <https://rfc.wayne.edu/mort-harris/policies.php>
45. Binghamton University - <https://www.binghamton.edu/campus-recreation/facilities-services/access.html>
46. Eastern Illinois University - <https://www.eiu.edu/campusrec/policies.php>
47. Central Washington University - <https://www.cwu.edu/rec/Policies>
48. Texas Christian University - <http://campusrec.tcu.edu/facilities/policies/>
49. St. Edwards University - <https://stedwards.app.box.com/s/tibied45rl6qqzqz5v1lrmietxuxmbma>
50. Pittsburg State University - <http://www.pittstate.edu/campus-life/groups/intramurals/student-recreation-center-/policies.dot>

Reducing the Risk of Infection

1. Brody, J. E. (2010, August 2). Be Sure Exercise Is All You Get at the Gym. In *The New York Times*. Retrieved from http://www.nytimes.com/2010/08/03/health/03brod.html?_r=1

Recreational athletes are at major risk for bacterial skin infections and diseases. Infections such as ringworm, athlete's foot, boils, Impetigo, MRSA, and many more are potential risks to all recreation participants. Cleaning equipment after use and wearing appropriate/clean clothing are important to keep germs off machines and away from harming people.

2. McCarthy, K. (2010, August 5). Warning: Your fellow gym-goers could be spreading disease. In *Consumer Reports*. Retrieved from <http://www.consumerreports.org/cro/news/2010/08/warning-your-fellow-gym-goers-could-be-spreading-disease/index.htm>

Skin infections are the most common disease outbreak in gyms, recreation centers, and competitive sports. Even if it isn't skin to skin contact, germs can still be transmitted from person to person that are left on equipment and machines from sweat. Cleaning your equipment, personal hygiene, and wearing proper workout material that covers the body is essential to preventing the spread of germs and disease.

3. Cohen, P. R. (2008, January). The skin in the gym: a comprehensive review of the cutaneous manifestations of community-acquired methicillin-resistant *Staphylococcus aureus* infection in athletes. In *Science Direct*. Retrieved June 14, 2016, from <http://www.sciencedirect.com/science/article/pii/S0738081X07002118>

CAMRSA, also known as *Staphylococcus aureus*, is a bacteria that is often found on gym equipment. It can cause potentially deadly skin infections especially among athlete populations. This article summarizes several case studies of athletes who have acquired an infection through gym equipment. Risk of infection can be decreased by wearing appropriate clothing to limit contact with equipment surfaces.

4. Many, P. S. (2008, November 6). Preventing Community-Associated Methicillin-Resistant *Staphylococcus aureus* Among Student Athletes. In *Sage Journals*. Retrieved June 14, 2016, from <http://jsn.sagepub.com/content/24/6/370.full.pdf+html>

MRSA has been on the rise every year and factors that contribute to the spread of the infection include skin-to-skin contact, touching contaminated equipment, poor hygiene, and sharing equipment. MRSA can also be transmitted through equipment being contaminated with bodily fluids.

5. Fritz, S. A., Long, M., Gaebelein, C. J., Martin, M. S., Hogan, P. G., & Yetter, J. (2012, April 3). Practices and Procedures to Prevent the Transmission of Skin and Soft Tissue Infections in High School Athletes. In *Sage Journals*. Retrieved from <http://jsn.sagepub.com/content/28/5/389.full.pdf+html>

Skin infection outbreaks have been increasing frequently among high school student athletes across the United States, Ways to prevent or reduces the spread of skin infections have been given by the U.S. Centers for Disease Control and Prevention (CDC) and the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee. These recommendations to reduce infections include showering after activity, washing clothes after exercise, properly cleaning equipment, and especially covering all wounds on the body.

Reducing Wear & Tear on Equipment

1. Jackson, H. (2016, March 21). Why It's Important to Clean Equipment After Every Use. In *Fitness19*. Retrieved from <http://www.fitness19.com/why-its-important-to-clean-equipment-after-every-use/>

The dirt and oils from your body can affect the longevity and damage workout equipment if failed to wipe off after use. Cleaning and wiping down machines is important to improve its technological uses such as on treadmills, and also prevent the deterioration of padding from sweat such as on benches.

2. CLEANING TREADMILLS (2015). In *Cybox*. Retrieved from <http://www.cyboxintl.com/support/maintenance/techtips/cleaningtreadmills.aspx>

Having a basic cleaning routine for exercise equipment is essential to extending the life of workout equipment. Cleaning any spills, dusting, disinfecting, and vacuuming machines helps prevent against the wear and tear that they take every day by patrons who use them. Sweat can reduce the life of exercise machines by interfering with their technical uses and damaging padding, tracks, belts, and more, which is why it is important to routinely clean workout equipment after being used.

3. Life Fitness Wipes Out the Fear of Germs and Extends Product Life with New Approved Cleaning Solutions (2010, February 22). In *LifeFitness*. Retrieved from <https://www.lifefitness.com/pressreleases/life-fitness-product-life-with-new-approved-cleaning-solutions>

PureGreen24, gym wipes, and other cleaning solutions are important to use often to clean workout equipment from sweat and germs. These products not only give patrons a clean safe environment to exercise in, but also enhances the life of the equipment itself.

4. Dion, G. (2013, August 19). Comparison of Fabric for Exercise Clothing. In *LiveStrong*. Retrieved June 15, 2016, from <http://www.livestrong.com/article/414298-comparison-of-fabric-for-exercise-clothing/>

Wearing a shirt to the gym or wherever you might be exercising is important, especially one made of Under Armour or DriFit material. Shirts pull your sweat away from the skin, where it evaporates, thus ending with a result of a cool and dry athlete. Shirts allow the sweat to evaporate on your body, which helps maintain hydration and even a cooler body temperature.

5. Dai, X., Imamura, R., Liu, G., & Zhou, F. (2007, December 11). Effect of moisture transport on microclimate under T-shirts. In *Springer Link*. Retrieved from <http://link.springer.com/article/10.1007/s00421-007-0628-z/fulltext.html?view=classic>

It has been proven that the microclimate between your body and garments is highly dependent on the type of clothing you wear. Shirts have shown to quickly spread out sweat, cool the surface of your skin, reduce increase of humidity, and sustain a cooler overall body temperature. With this being said, other things such as staying hydrated and performance are also improved.