

UMBC Rec Sports FAQs



Who is eligible to participate in UMBC Recreation activities?

Students, Faculty and Staff are eligible to participate in UMBC Recreation activities, with a red UMBC ID. Other UMBC Community members who are also members of the RAC with a valid UMBC ID. Memberships are available at the RAC Front Desk.

Is there a fee to use UMBC's athletic facilities?

Students, Faculty and Staff may use the athletic facilities free upon presentation of a valid UMBC ID. Yearly memberships are available, as well as daily guest passes for guests accompanied by valid RAC members. Please click [HERE](#) for Membership Rates.

What attire is required to participate in the programs?

Proper athletic attire includes: athletic pants or shorts (denim, cargo pants, and other cotton pants with rivets or zippers or external snaps and buttons are prohibited), athletic shirts (muscle shirts and sports bras must be covered by t-shirts when in the weight room or cardio balcony), and athletic, non-marking shoes.

Shirts, Shoes and Shorts/pants must be worn at all times. Patrons planning to swim, please come prepared with sandals or flip-flops to wear in the rest of the building

Can I rent gym clothes and a locker to use for the semester?

While gym clothes are not available for rent at the RAC, the Pro Shop does carry all needs of your athletic attire, with the exception of shoes.

Lockers are available for rent in both the poolside- and gym-side lockerrooms. Policies and Prices for locker rental are available [HERE](#).

Can I bring a guest to work out with me in the weight room?

Guests in the RAC must be accompanied by a valid RAC user at all times. Guest passes are available at the front desk, and can be purchased on a business-day basis only. Guests must bring positive picture ID to be eligible for a Guest Pass.

Weight Room regulations prohibit the use of weight equipment by persons under the age of 16. All others are welcome, with a valid UMBC ID or Guest Pass. Weight-room and Cardio Equipment orientations are available at no cost upon request at the front desk.

How do I find out the hours that the facilities are open?

Facility Hours are posted [HERE](#) and at the RAC Front Desk.

Who should I contact if I have other questions about UMBC Recreation?

Please contact the RAC Front Desk at 410-455-8888 or with any other questions or concerns.