



CLUB SPORTS VISITORS GUIDE





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CLUB SPORTS OVERVIEW

Contact Information

Location: Recreation and Athletic Complex (RAC)

Office Hours: Monday-Friday; 9:00am-5:00pm

Email: masoncs@gmu.edu

Office: 703-993-5323

Website: <https://recreation.gmu.edu/club-sports/>

Mailing Address:

Attention: Club Sports

George Mason University – RAC

4400 University Dr, MS 1G6

Fairfax, VA 22030

Current Clubs

Co-Recreational:

Badminton	Powerlifting
Brazilian Jiu-Jitsu	Quidditch
Crew	Running
Equestrian	Ski and Snowboard
Fencing	Swimming
Field Hockey	Taekwondo
Historical Swordsmanship	Tennis
Log Rolling	Trap & Skeet
Olympic Weightlifting	Underwater Hockey

Men's:

Baseball
Football
Ice Hockey
Lacrosse
Rugby
Soccer
Ultimate
Volleyball

Women's:

Basketball
Ice Hockey
Lacrosse
Rugby
Soccer
Softball
Ultimate
Volleyball

Emergency Contacts

- Emergency Medical Service, Police, and Fire: 9-1-1
- George Mason University Police (non-emergency): 703-993-2810

Locker Rooms & Showers

General locker rooms are available for visiting teams at the RAC and AFC. Visitors are required to check-in at the front desk upon arrival. Individuals that wish to use lockers must provide their own lock when storing items in the locker room.

Mason Recreation is not responsible for lost or stolen items. Towels are available at the front desk for a small fee.



Assumption of Risk Forms

University-affiliated Club Sport Teams are not required to complete participation waivers. However, all Alumni who participate in Alumni game competitions must complete an Assumption of Risk for prior to participation. Club Sport Teams are required to submit the completed waiver post event to their club sport administrator.

Entry Fee Payments

Outstanding fees payable to a George Mason University Club Sports team should be paid directly to the club. Please communicate directly with the Mason club officers in reference to any outstanding payments.

Important Policies

- Users of Mason Recreation facilities are expected to comply with the policies and procedures for each specific activity area.
- Users of any recreational facility must comply with requests made by the Campus Recreation Staff.
- Disorderly conduct, inappropriate behavior, abuse of the facility, equipment or staff, and/or disregard for Campus Recreation rules may result in immediate dismissal from the facility.
- Participants under the age of 18 or not currently affiliated with a university team, must complete an assumption of risk form prior to participation.
- Alcohol is NOT permitted in/at any Mason Recreation facility.
- Incidences and injuries should be reported to a Mason Recreation staff member or Club Safety Officer immediately.
- Food and drink are not permitted in activity areas. Water is permitted in activity areas in a sealed, non-glass container.
- Pets and animals other than service animals are prohibited.
- Teams and spectators should ensure that all trash has been placed in the proper receptacles.
- Please follow posted parking regulations. Mason Recreation is not responsible parking fines. Please communicate with the Mason club officers in reference to any parking restrictions for your event.

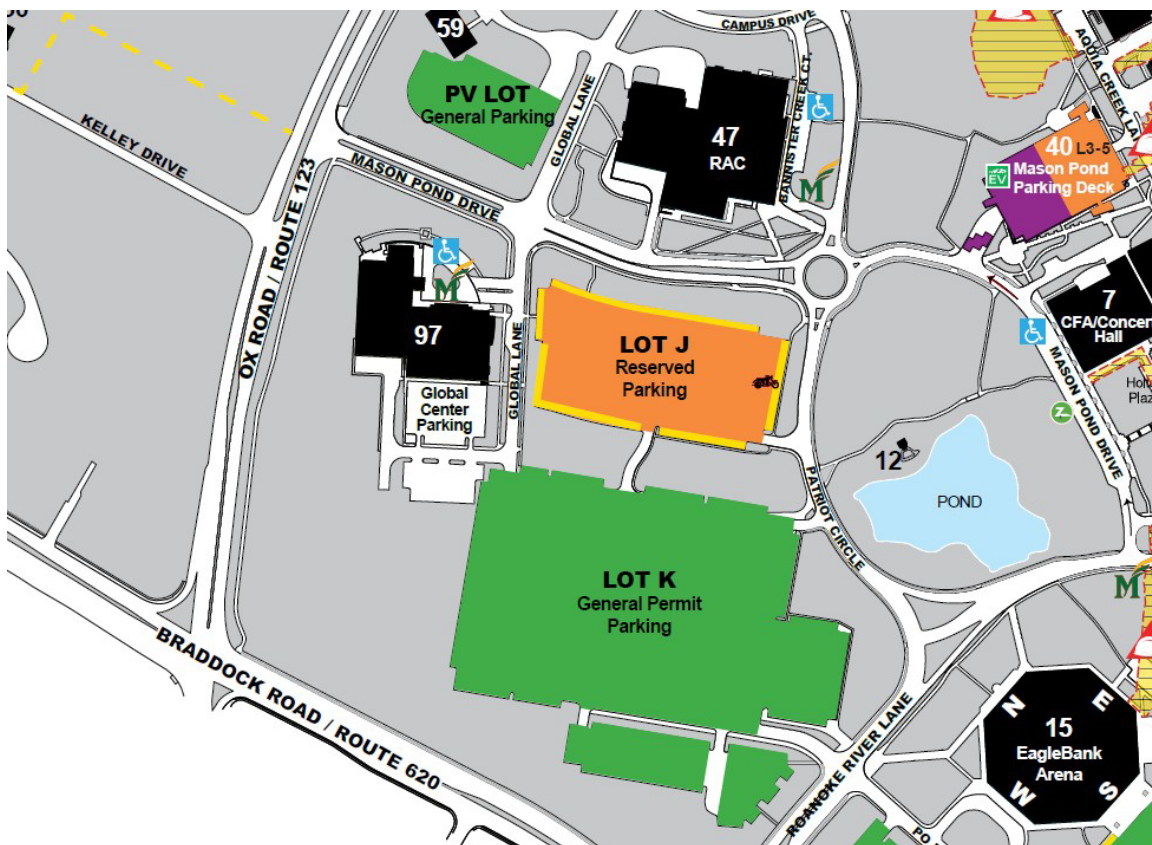


FACILITIES AND PARKING

Recreation Athletic Center (RAC)

4350 Banister Creek Court; Fairfax, VA 22030

703-993-5323



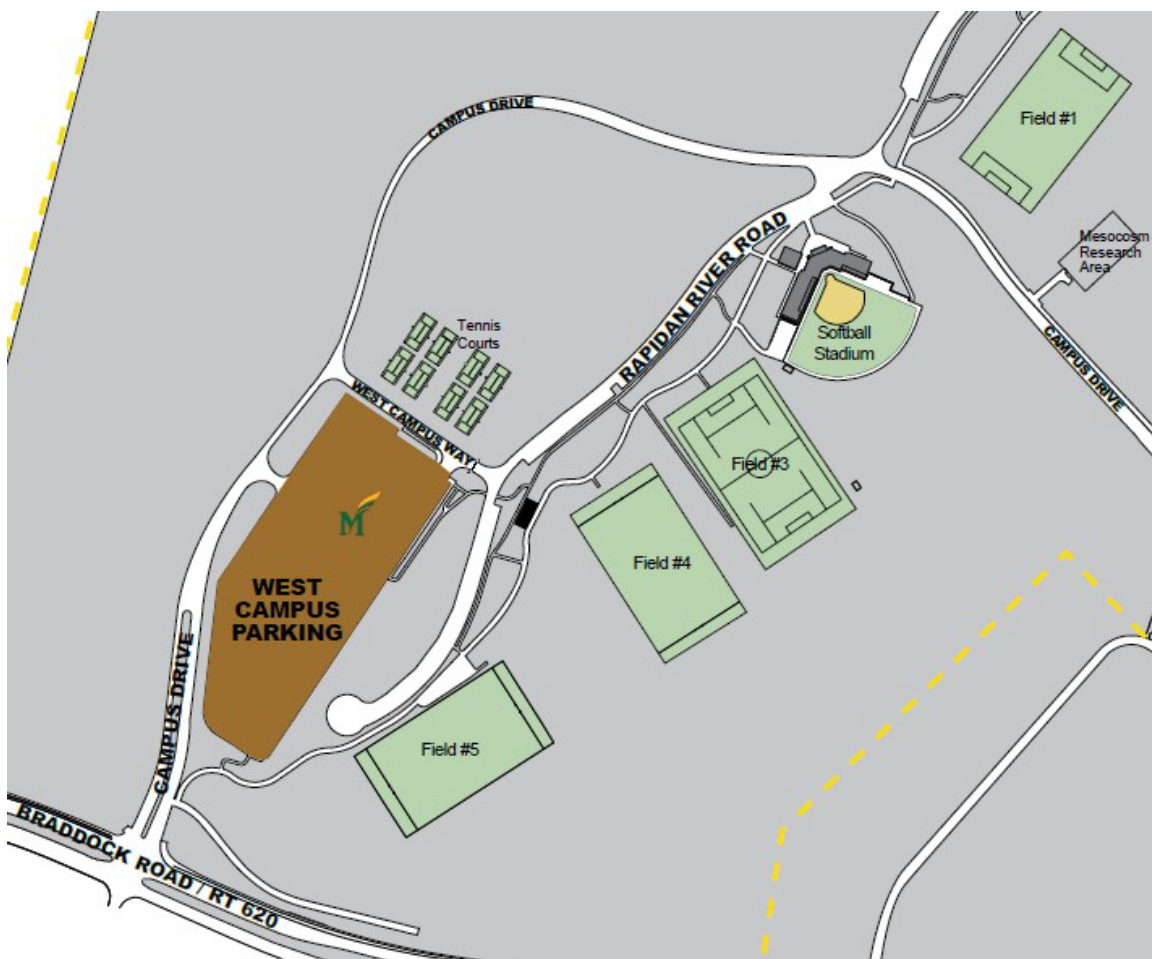
Visiting teams and spectators competing in the RAC or on RAC Field should park in the PV Lot or Lot K. Parking in these lots during a scheduled Club Sports competition is FREE and does not require a decal on Saturday and Sunday. Additional parking is available in the MASON POND PARKING DECK (#40) for a small fee.

Visiting teams and spectators should check-in at the front desk of the RAC when entering the facility.



West Campus Fields and Tennis Complex

4605 Rapidan River Road; Fairfax, VA 22030
703-993-5323



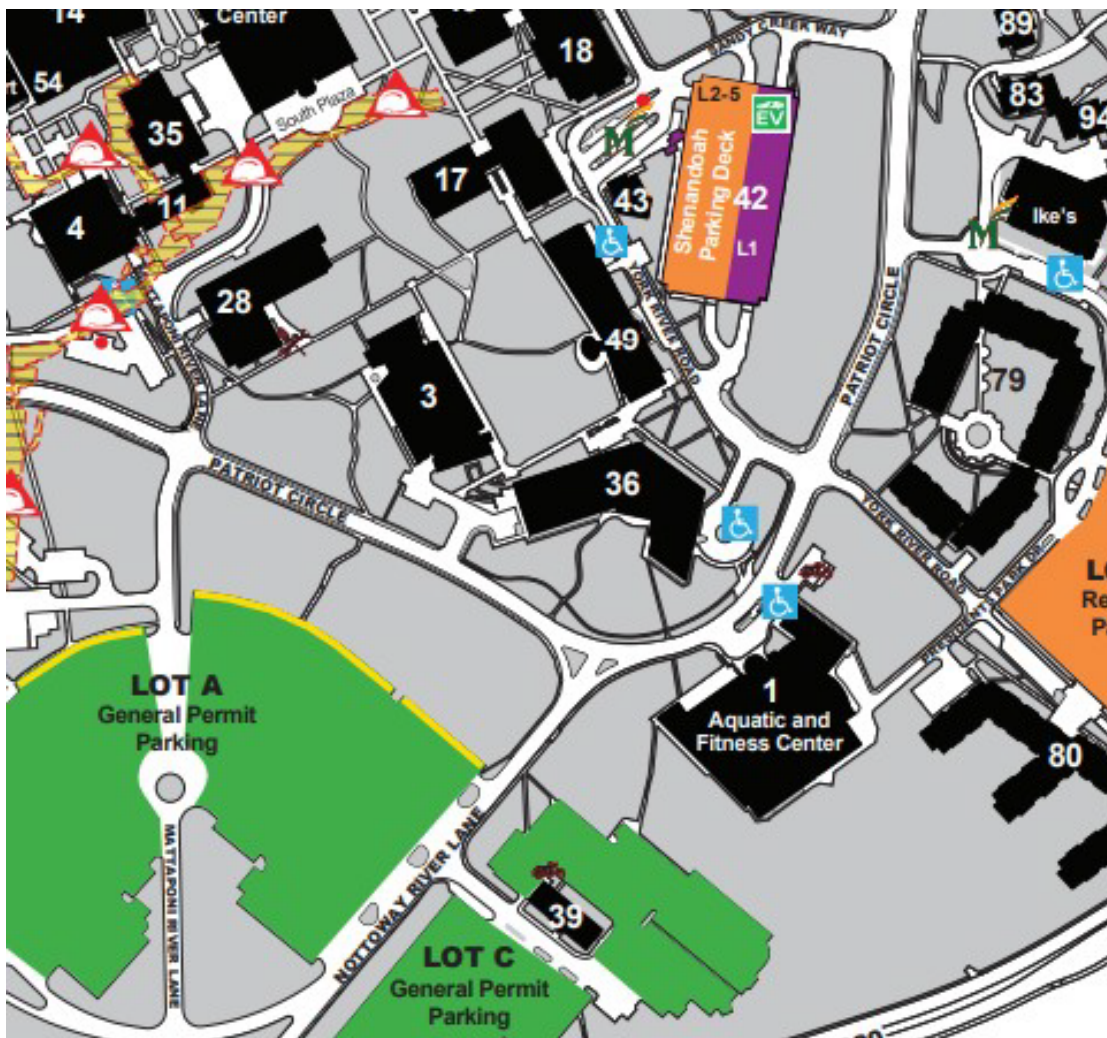
Visiting teams and spectators should park in the spots located along RAPIDAN RIVER ROAD or in the WEST CAMPUS PARKING LOT for events occurring on Saturday and Sunday. Parking along RAPIDAN RIVER ROAD and the West Campus lot is FREE and does not require a decal for Club Sports competitions occurring on Saturday and Sunday. Parking in the grass is not permitted.

Restroom facilities are available at the pavilion located between Field 4 and Field 5 along RAPIDAN RIVER ROAD.



Aquatics and Fitness Center (AFC)

4520 Patriot Circle; Fairfax, VA 22030
703-993-3939



Visiting teams and spectators should park in LOT C for events taking place in the Aquatic & Fitness Center (#1). Parking is FREE for Club Sport competitions and does not require a decal for events occurring on Saturday and Sunday. Additional parking is available in the SHENANDOAH PARKING DECK (#42) for a small fee.

Visiting teams and spectators should check-in at the front desk of the AFC when entering the facility.

Folding chairs are not permitted in the Aquatic & Fitness Center.



Field House, Mason Stadium, and Spuhler Field

4501 University Drive; Fairfax, VA 22030
703-993-3220



Visiting teams and spectators should park in LOT O or P for events taking place at the Field House, Mason Stadium, or Spuhler Field. Parking in LOT O and P is FREE and does not require a decal on Saturday and Sunday.



ATHLETIC TRAINING

INOVA Sports Medicine



Certified Athletic Trainers assist in the coverage of Mason Club Sports home competitions.

- An Athletic Trainer will be onsite for high-risk team sport competitions or events involving 3 or more teams. It is recommended that all visiting teams bring their own medical supplies for taping if necessary. For those events that do not require an Athletic Trainer to be present, each Club Sport team has two team Safety Officers trained in CPR/AED/First Aid.
- Please touch base with the club safety officer or athletic trainer prior to the start of your event with any questions.
- All injuries during club sport activities must be documented by the host team. Please communicate with a Club Sport Safety Officer or athletic trainer to ensure all injuries have been properly documented.
- In the event of a medical emergency occurring in the absence of a club safety officer or athletic trainer, call 911.
- There are several hospitals or emergency facilities within 5 minutes of campus.

Nearby Medical Facilities

INOVA Emergency Care Center
4315 Chain Bridge Rd, Fairfax, VA 22030
703-877-8200

INOVA Fairfax Hospital
3300 Gallows Rd, Falls Church, VA 22042
703-776-4001

INOVA Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
703-391-3600

Giant Pharmacy
10653 Braddock Rd, Fairfax, VA 22032
703-591-0020



HOTELS AND LODGING

Courtyard Fairfax Fair Oaks

11220 Lee Jackson Memorial Hwy
(703) 273-6161
2.8 Miles from Campus



SpringHill Suites Fairfax Fair Oaks

11191 Waples Mill Rd
(703) 691-7880
3.9 Miles from Campus



Holiday Inn Express

10327 Fairfax Boulevard
(703) 359-2888
3.6 Miles from Campus



Residence Inn

3565 Chain Bridge Road
(703) 267- 2525
2.1 Miles from Campus



Comfort Inn University Center

11180 Fairfax Blvd
(703) 591-5900
2.3 Miles from Campus



Best Western Fairfax

3535 Chain Bridge Rd
(703) 591-5500
2.1 Miles from Campus





DINING OPTIONS

Local Fare

Oh George!

10659C Braddock Rd, Fairfax, VA 22032
American Restaurant



Coyote Grille

10266 Main St, Fairfax, VA 22030
Mexican Restaurant



Taco Bamba

10629 Braddock Rd, Fairfax, VA 22032
Taco Restaurant

Chain Restaurants

Halal Guys

10625 Braddock Rd, Fairfax, VA 22032



Tropical Smoothie

10655 Braddock Rd, Fairfax, VA 22032



McAlister's

10691 Braddock Rd, Fairfax, VA 22032



Qdoba

10338 Main St, Fairfax, VA 22030



Chipotle

On GMU campus, in the Johnson Center



Noodles & Company

10296 Main St, Fairfax, VA 22030

