



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:

Archery	Olympic Weightlifting
Badminton	Powerlifting
Brazilian Jiu-Jitsu	Running
Crew	Ski and Snowboard
Cycling	Swimming
Equestrian	Table Tennis
Fencing	Taekwondo
Field Hockey	Tennis
	Trap & Skeet
	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
- RAC Front Desk: (703) 993-5323
- AFC Front Desk: (703) 993-3939
- Outdoor Supervisor (all fields and outdoor courts): (571) 335-6649

Assumption of Risk Forms

All current non-Mason students participating, coaching, or volunteering with visiting teams must complete an Assumption of Risk form. Team captains should type the names when possible and have each individual hand-sign the document. The completed document must be turned in to the George Mason Club Officers before the event starts.

Download the Team Assumption of Risk Form [Here](#) (add link)

**If your roster is larger than 30 players for the event, you will need to submit 2 forms.*

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.

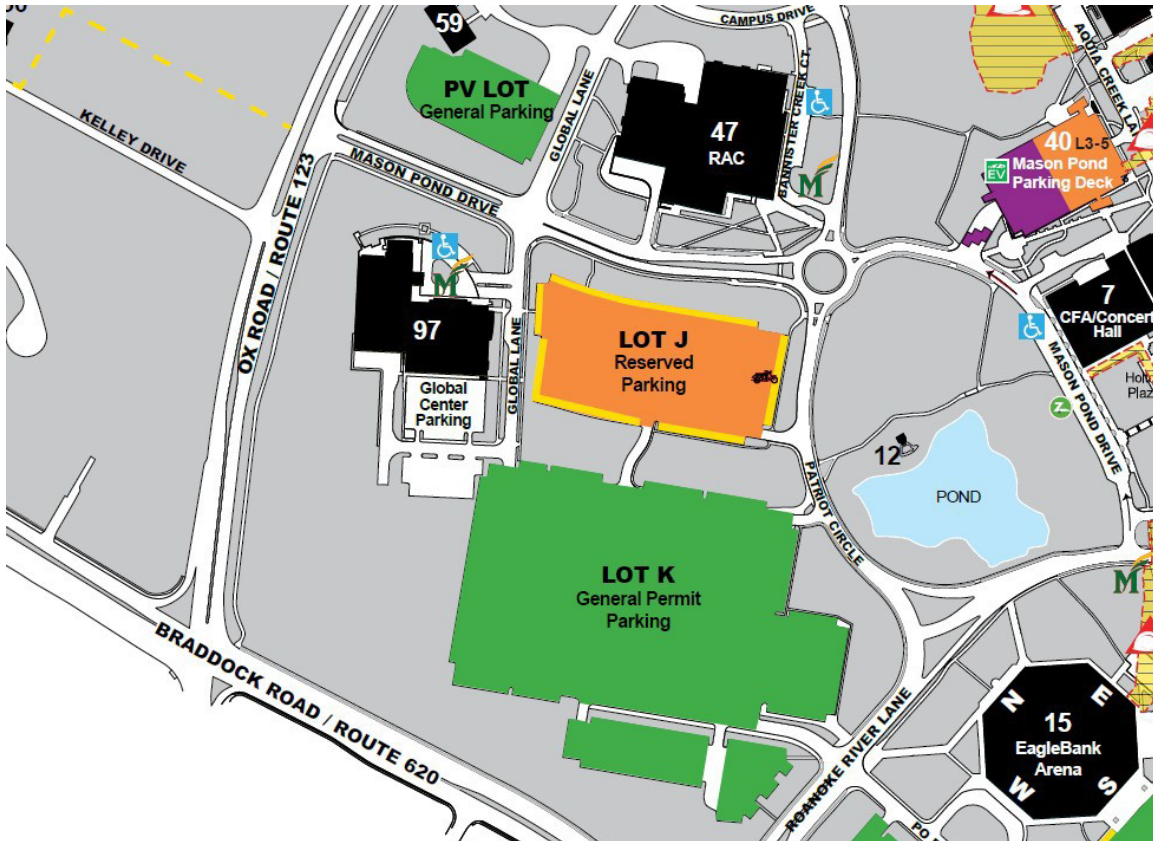
Important Policies

- 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.
- 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



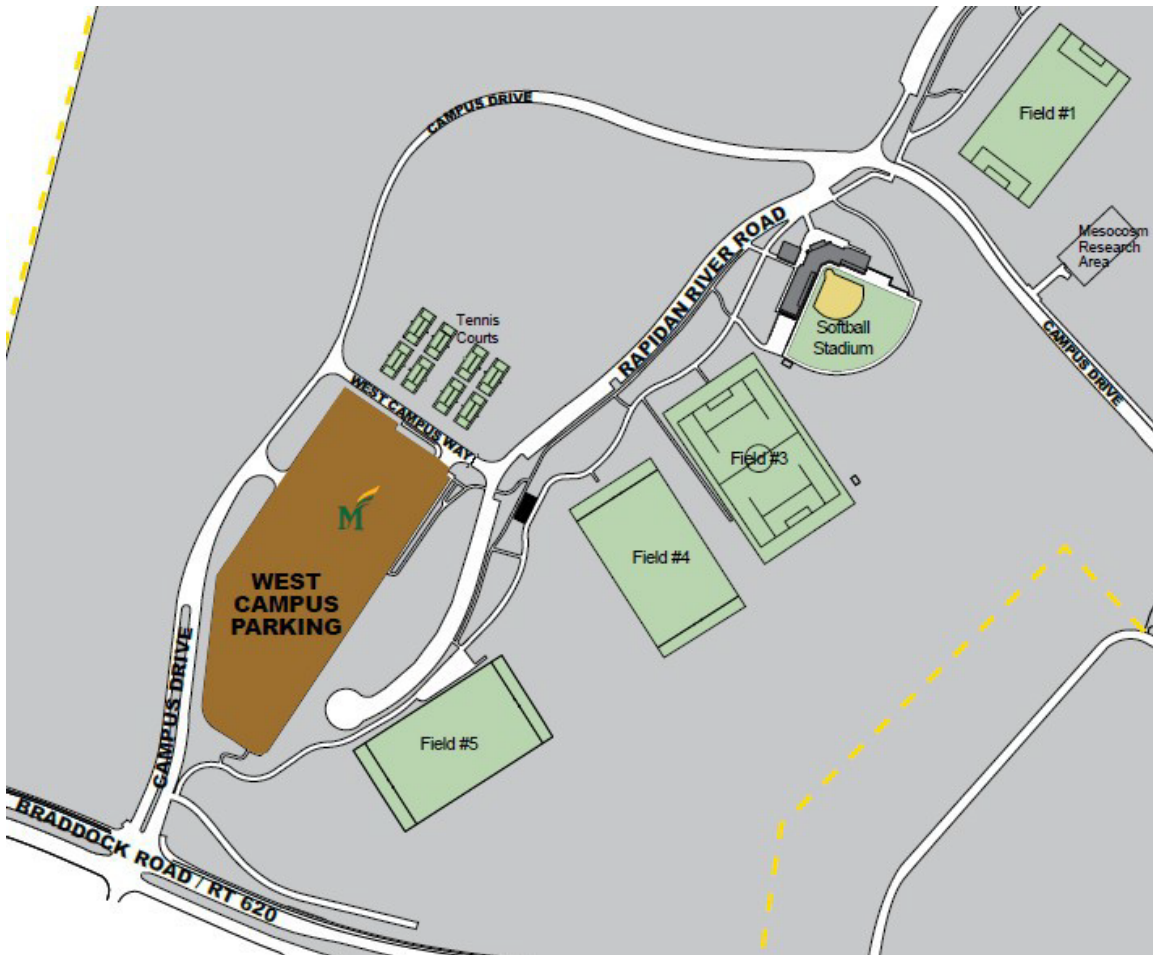
Visiting teams and spectators competing in the RAC or on RAC Field should park in the PV Lot or Lot K. Parking in these lots during a scheduled Club Sports competition is FREE and does not require a decal on Saturday and Sunday. Additional parking is available in the MASON POND PARKING DECK (#40) for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

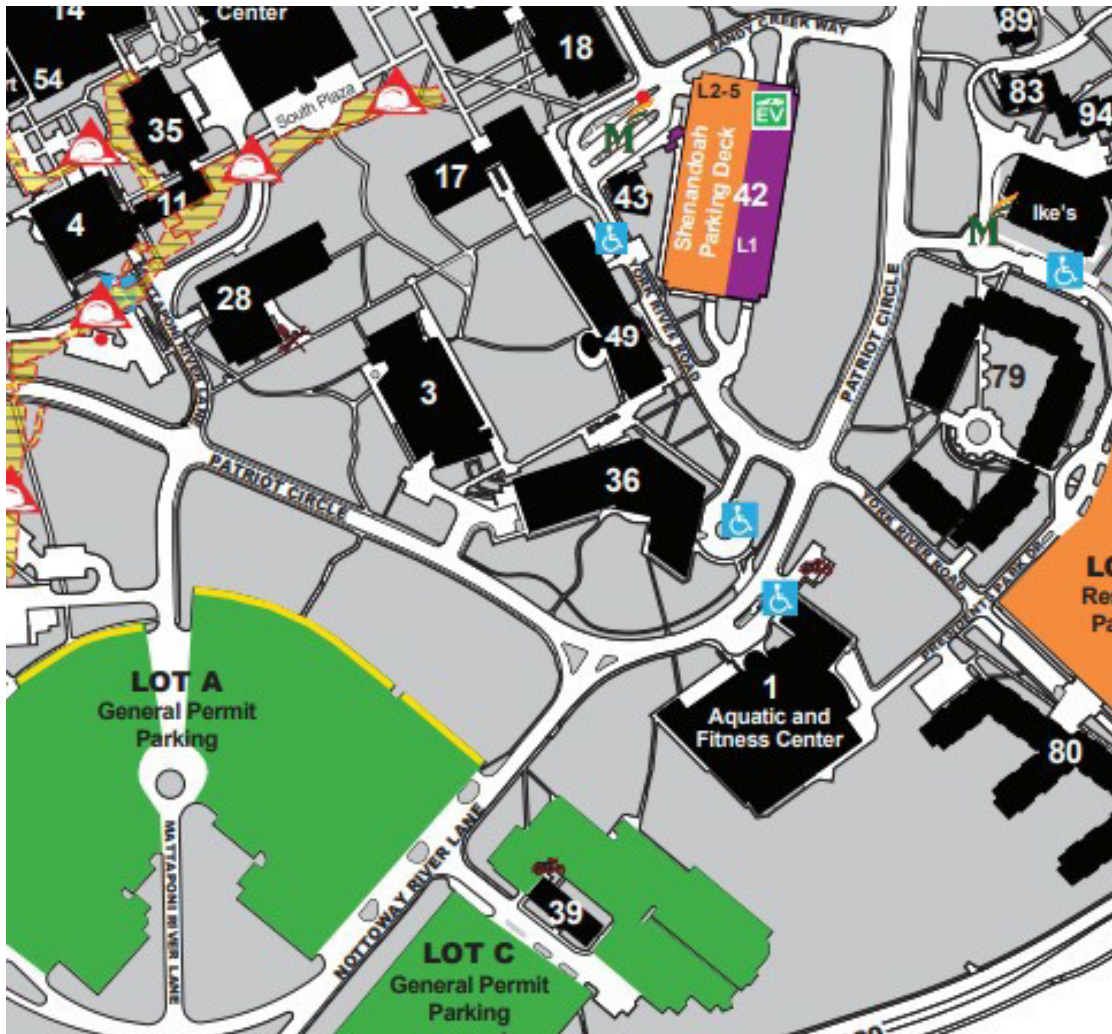


Visiting teams and spectators should park in the spots located along RAPIDAN RIVER ROAD or in the WEST CAMPUS PARKING LOT for events occurring on Saturday and Sunday. Parking along RAPIDAN RIVER ROAD and the West Campus lot is FREE and does not require a decal for Club Sports competitions occurring on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



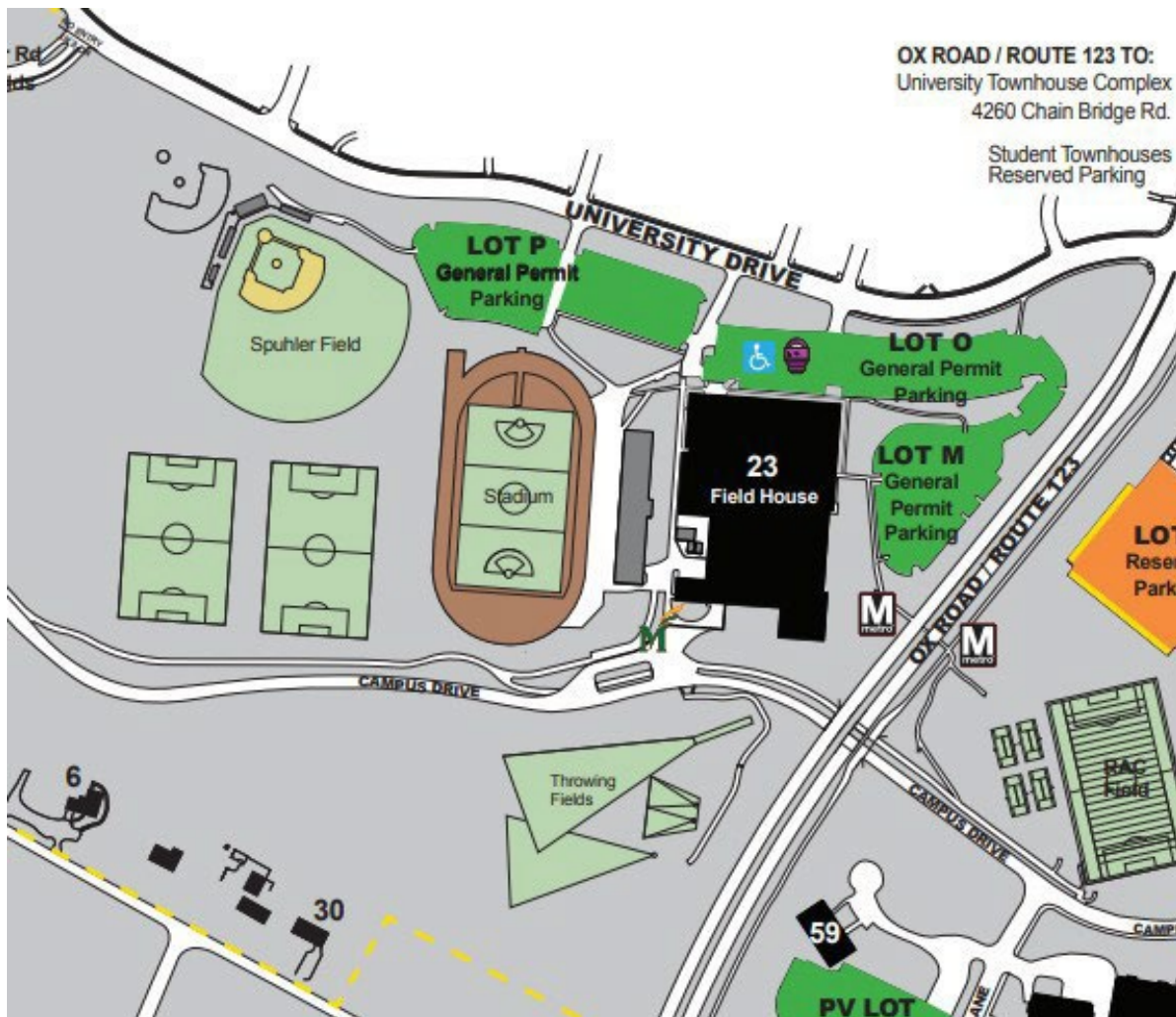
Visiting teams and spectators should park in LOT C for events taking place in the Aquatic & Fitness Center (#1). Parking is FREE for Club Sport competitions and does not require a decal for events occurring on Saturday and Sunday. Additional parking is available in the SHENANDOAH PARKING DECK (#42) for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

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

- Each Club Sport team has a team Safety Officers trained in CPR/AED/First Aid and the university emergency action plans for all on-campus facilities.
- An Athletic Trainer will be onsite for high-risk team sport competitions It is recommended that all visiting teams bring their own medical supplies for taping if necessary.
- Please touch base with the club safety officer and/or athletic trainer prior to the start of your event with any questions.
- All injuries during club sport activities must be reported to the host team and club officers.
- 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. (see on-campus facility EAP's below)
- 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

EMERGENCY ACTION PLANS

RAC

Facility Address: 4350 Banister Creek Ct., Fairfax, VA 22030

Emergency Personnel: Manager on Duty, safety officer(s), and/or athletic trainer on site for practice and competition

Emergency Communication: cell phone of athletic trainer/safety officer and/or radio of athletic trainer/MOD. A landline is also located at the front desk.

Emergency Equipment: Club Sports First Aid Kits or Front Desk Med Box

- AEDs are located in the front lobby and on the 2nd floor outside the racquetball/squash courts.
- Additional emergency equipment accessible from EMS.

Roles of Safety Officers/First Responders

1. Immediate care of injured or ill student-athlete
2. Activation of EMS
 - a. Call 9-1-1: provide name, location of field, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information requested.
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to “flag down” EMS and direct to scene
 - b. Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions: 4350 Banister Creek Ct., Fairfax VA 22030: Enter University off University Drive onto George Mason Blvd. Turn right onto Patriot Circle and left onto Campus Drive.

Position where personnel will meet emergency help:

- One person will be out front of RAC entrance to direct the ambulance.

***Contact campus police in the event of a medical emergency or disruptive incident.
George Mason University Police: 703-993-2810***

If EMS or Police are called you MUST notify the Mason Club Officers and the Facility Staff immediately

AED/Lightning Safe Shelter: RAC Building (open M-F 7-11pm and weekends 1-8pm)

RAC Field

Facility Address: 4350 Banister Creek Ct., Fairfax, VA 22030

Emergency Personnel: certified athletic trainer, safety officers, and/or outdoor supervisor on site for practice and competition

Emergency Communication: cell phone of athletic trainer/safety officer/outdoor supervisor and/or radio of athletic trainer/outdoor supervisor. A landline is also located inside the RAC.

Emergency Equipment: Club Sports First Aid Kits or Outdoor Supervisors Med Kit

- AEDs are located inside RAC building and/or with the outdoor supervisor
- Additional emergency equipment accessible from EMS.

Roles of Safety Officers/First Responders

1. Immediate care of injured or ill student-athlete
2. Activation of EMS
 - a. Call 9-1-1: provide name, location of field, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information requested.
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to “flag down” EMS and direct to scene
 - b. Scene control: limit scene to first aid providers and move bystanders away from area.
 - c.

Venue Directions: 4350 Banister Creek Ct., Fairfax VA 22030: Enter University off University Drive onto George Mason Blvd. Turn right onto Patriot Circle and left onto Campus Drive. RAC field will be immediately on the right next to the RAC building.

Position where personnel will meet emergency help:

- One person will be on Campus Drive by the double gate entrance to direct the ambulance.

Contact campus police in the event of a medical emergency or disruptive incident.

George Mason University Police: 703-993-2810

If EMS or Police are called you MUST notify the Mason Club Officers and the Field Supervisor (571-335-6649) immediately

AED/Lightning Safe Shelter: RAC Building (open M-F 7-11pm and weekends 1-8pm)

West Campus Fields & Tennis Courts

Facility Addresses:

- Pavilion: 4605 Rapidan River Rd., Fairfax, VA 22030
- Field 3: 4609 Rapidan River Rd., Fairfax, VA 22030
- Field 4: 4611 Rapidan River Rd., Fairfax, VA 22030
- Field 5: 4613 Rapidan River Rd., Fairfax, VA 22030
- Tennis Courts: 10780 West Campus Way, Fairfax, VA 22030

Emergency Personnel: certified athletic trainer, safety officers, and/or outdoor supervisor on site for practice and competition

Emergency Communication: cell phone of athletic trainer/safety officer/outdoor supervisor and/or radio of athletic trainer/outdoor supervisor.

Emergency Equipment: Club Sports First Aid Kits or Outdoor Supervisors Med Kit

- AED is located with the Outdoor Supervisor.
- Additional emergency equipment accessible from EMS.

Roles of Safety Officers/First Responders

1. Immediate care of injured or ill student-athlete
2. Activation of EMS
 - a. Call 9-1-1: provide name, location of field, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information requested.
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to “flag down” EMS and direct to scene
 - b. Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions: West Campus: Enter University off Braddock Rd. onto Campus Dr. Turn Right onto West Campus Way. then at the stop sign turn right or left depending on what field you are going to.

Position where personnel will meet emergency help:

- One person will be either on West Campus Way or Rapidan River Rd. to direct the ambulance.

***Contact campus police in the event of a medical emergency or disruptive incident.
George Mason University Police: 703-993-2810***

If EMS or Police are called you MUST notify the Mason Club Officers and the Field Supervisor (571-335-6649) immediately

**AED/Lightning Safe Shelter: West Campus Pavilion Storage & Restrooms
(open M-F and weekends 30min before practices or competitions begin)**

Aquatic & Fitness Center

Facility Address: 4520 Patriot Cir., Fairfax, VA 22030

Emergency Personnel: safety officers, lifeguards, and/or MOD on site for practice and competition

Emergency Communication: cell phone of safety officer and/or radio of lifeguards/MOD. A landline is also located at the front desk and head guard office.

Emergency Equipment: Club Sports First Aid Kits or Front Desk/Lifeguards Med Kits

- AEDs are located at the front desk and the head guard office.
- Additional emergency equipment accessible from EMS.

Roles of Safety Officers/First Responders

1. Immediate care of injured or ill student-athlete
2. Activation of EMS
 - a. Call 9-1-1: provide name, location of field, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information requested.
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to “flag down” EMS and direct to scene
 - b. Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions: 4520 Patriot Cir., Fairfax VA 22030: Enter University off Braddock Rd. Turn right onto Nottoway River Ln. Turn right onto Patriot Cir.

Position where personnel will meet emergency help:

- One person will be out front of AFC entrance to direct the ambulance.

***Contact campus police in the event of a medical emergency or disruptive incident.
George Mason University Police: 703-993-2810***

If EMS or Police are called you MUST notify the Mason Club Officers and the Facility Staff immediately

AED/Lightning Safe Shelter: AFC Building (open M-F 6-10pm and weekends 8-6pm)

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

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

