

KAU Recreational Facilities

Scheduling and Use

Pursuant to my recent conversation with Prof. Abdullah M. Mohorjy, Dean of Student Affairs, I would like to bring your attention to the following three facilities: tennis courts, swimming pool, and training rooms beneath the KAU Stadium.

GENERAL REMARKS: At *none* of these facilities are the days and times of use posted. Without this information it is difficult for students, faculty and staff to plan their recreational pursuits. Contact information would also be appreciated in order to accommodate unexpected changes in the posted schedules.

TENNIS COURTS: I have identified three tennis courts situated close to the administrative complex. One of these courts is being used as a storage facility or work area. Further, the adjacent locker room is always closed. The gates to the other two courts are sometimes locked and sometimes unlocked with a chain and padlock.

SWIMMING POOL: I have located one swimming pool near the medical center. The pool has a three meter platform with a diving board. There is no one-meter board. During the summer the platform was peppered with bird dung, because no one bothered to clean it. During the summer the pool was open from 17:00-19:00 hours on Sunday and Tuesday. Before the summer began it was open from 17:00-19:00 hours on Wednesday and 10:00-12:00 hours on Thursday. Although the diving platform was always available, there were many children who knew only to jump and splash.

TRAINING ROOMS: I have found one training room on campus. It is located beneath the KAU Stadium. Although it was open during the summer, it was closed during the morning and afternoon and opened only after 18:00 hours. During the month of Ramadan the rooms were closed, and I have since been told by the stadium maintenance supervisor that I should find another place to work out. To the best of my knowledge the training rooms are still closed.

Food for Thought and Scheduling

GENERAL

1. It has been shown over and over again that people who engage in regular recreational pursuits are happier and healthier than people who do not. Regular recreation does not mean once a week, or only on the weekend; rather, it means daily or several times per week.
2. Not everyone follows the same schedule. Although first year students and staff must report for their duties at the same time every day, advanced level students and faculty do not. The schedules of these latter are irregular.
3. If people are unable to plan their recreational activities, they are less likely to engage in them. It takes a certain amount of effort and habit to engage in sports. Once the individual establishes a schedule (routine) for himself, he does not want to break it.
4. Sports are a lot like prayer, if they are performed assiduously they carry over into your other daily activities with positive benefit for everyone.

5. Not everyone goes home for vacation, and not everyone has a home to go to. Closing sports facilities during vacations is very harmful to the psychology of the individual who engages in recreational activities regularly.
6. In general people like to bathe after they have engaged in physical activity, and if given the opportunity to do so, would prefer to bathe at the spot where they have engaged in the activity.
7. People enjoy well-maintained areas, and will do more to help maintain them, when they are maintained well. Provide adequate receptacles for waste products.

General Recommendations

1. Post operating hours.
2. Maintain facilities in a way that encourages people to make use of them.
3. Permit operation, although perhaps limited, during the vacation periods.
4. Provide ample opportunity throughout the week and throughout each day that can accommodate most people's, if not everyone's schedule.
5. Post contact information including the name and title of the person in charge of each facility, and contact information for the person in charge of all facilities. Provide recommended hours for contact.

Specific Recommendations

TENNIS COURTS

1. Open and maintain the locker and shower rooms.
2. Provide lighting for evening play for this is when most people would prefer to play and have time to play.
3. Allow for pre-scheduling of play, if demand for the courts increases.
4. See General Recommendations.

SWIMMING POOL

1. Understand that divers and jumpers are two different kinds of people and provide special times for those who wish to dive.
2. Keep the diving tower clean and free of bird dung.
3. See General Recommendations.

TRAINING ROOMS

1. See General Recommendations.