



## **General Guidelines for Use of the Facility**

1. All children between the ages of 14- 17 must have a liability waiver on file that is signed by a parent. All children must be 14 years of age to use the gym without parental or custodial supervision. All children must be 16 years of age to use the pool and/or hot tub without parental or custodial supervision.
2. All members of the center may be required to fill out a Health History form and/or a Physical Activity Readiness Questionnaire (PAR-Q), which will be kept on file. Some members may be asked to submit a physician's release in order to participate in fitness activities.
3. Upon entering the building, all members are required to check in at the front desk before pursuing activities.
4. Pool and Hot tub are for members only. All members must be 16 years of age to use the pool and/or hot tub without parental or custodial supervision.
5. Adult visitors are welcome to accompany any member but will be restricted to observation and waiting areas. If the visitor wishes to participate there will be a guest fee.
6. There will be a dress code enforced. A shirt or tank top, covering the midriff is required for entrance to any area of the facility excluding the pool area. All clothing should be loose fitting, comfortable and good taste. No open toed shoes will be allowed outside of the pool area with the exception of a class that requires you to remove your shoes.
7. No food or drink will be allowed in any workout areas except for drink bottles with a lid.
8. No tobacco, alcohol, or drugs will be allowed on the premises.
9. A replacement fee will be charged to memberships for any broken destroyed property of the fitness center.
10. Gum and glass containers are prohibited in the fitness center.
11. Racquetball courts may be reserved in advance by phone or in person.
12. Lockers are for day use only. Locks should not be left overnight unless a locker rental fee is paid.
13. Only personal aid animals are allowed in the Recreation Center.
14. Vulgar or profane language will not be tolerated. Members and guests will be asked to leave if inappropriate language continues.
15. Persons may be asked to leave the fitness center at any time for dangerous or inappropriate behavior.
16. Valuable items should **NOT** be brought into the Fitness Center.
17. The City of Gatesville and city employees are exempt from all responsibility for lost or stolen property or injuries sustained while participating in any activity related to or inside of the center.
18. Notify a staff member immediately should an accident or injury occur or if you feel faint, dizzy, or sick.