

## **THE FOLLOWING ARE GENERAL FACILITY RULES**

1. Please check in at control desk with appropriate I.D. NO REFUNDS.
2. Facility hours and schedule may change depending on program demand and season.
3. Children under 3<sup>rd</sup> grade must be accompanied by an adult for drop-in usage.
4. Locks and equipment may be checked out at main desk.
5. Please report any injuries at once to the staff.
6. Not responsible for lost or stolen items.
7. To keep facility clean, a second pair of shoes is needed.
8. Appropriate dress required; shirts in all areas of the building except sauna, steam room and gym.
9. Proper language and behavior is expected.
10. Building and parking lot is a smoke and tobacco free environment.
11. No glass containers allowed.
12. Concession items only in main hall, Activity Room, multi-purpose room and meeting room.
13. Alcoholic beverages and anyone under the influence are prohibited.
15. Cameras or video cameras permitted in facility only with staff permission.
16. Patrons wishing to return later in the day must stop at the Front Desk prior to leaving.



### **EXERCISE ROOM**

1. Must be 16 or older to use equipment.
2. Everyone must have a shirt or top that covers the midsection.
3. Athletic shoes must be worn at all times.
4. Towel dry equipment after use.
5. Food and gum are not allowed. Water bottles are permitted.
6. No loitering.
7. Keep hands, towels, and clothes away from cables and moving parts.
8. Please store clothes or bags in the locker room.
9. Please notify staff if equipment is not functioning properly or becomes worn.
10. Please ask staff for assistance if you are unsure how to operate the machines.
11. Please report any injuries at once to staff.
12. Please contact staff if you have a previous injury or limitations.

### **RUNNING/WALKING TRACK/CARDIO ROW**

1. 14 laps = 1 mile
2. Odd dates & Even dates alter direction
3. Must be at least 12 years old to use the track and 16 to use the Cardio Row equipment.
4. Walkers please stay to the inside. Runners please stay to the outside.
5. Parents should not bring small children with them on the track to run/walk.
6. Food, drink and gum are not allowed. Water bottles are permitted.
7. The track is not an area for horseplay or spectating.
8. This area is only for running, jogging and walking.
9. Please stretch before entering.
10. No items may be thrown from the track.

### **GYMNASIUMS**

1. Do not hang from nets or rims.
2. Dunking or stuffing the basketball is not permitted.
3. No strollers allowed in the Gym
4. Use sink to spit only if necessary.
5. Avoid using any shoes that will leave marks on the gym floor.
6. Please store gym bags in the locker room.
7. Check at control desk for open gym schedule.
8. During adult open gym time MWF 11:00am-1:00pm the big gym may be used for full court games, individuals may shoot in the FitGym.
9. Anyone causing damage to the rim, backboard or windows will be responsible for repair and any costs.





### **RACQUETBALL**

1. Eye guards recommended.
2. Court shoes only.
3. Shirts must be worn at all times.
4. Abusive language prohibited.
5. Enter and leave courts at scheduled times.

### **LOCKER ROOMS**

1. Not responsible for lost or stolen items.
2. Locks may be checked out at main desk.
3. Please use drying areas after showering.
4. Food, drink and gum are not allowed.
5. Horseplay and loitering is not allowed.
6. Items left overnight will be removed; no overnight storage.
7. Any padlocks left on lockers after closing will be cut off at owner's expense.
8. Phone use is prohibited.

### **SAUNA**

1. This is a co-ed facility.
2. Appropriate clothes and towel required.
3. Food, drink and gum are not allowed.
4. No exercising or horseplay.
5. Must be 16 to utilize this area

### **STEAM ROOM**

1. A key must be checked out with an ID.
2. Appropriate clothes and towel required.
3. Food, drink and gum are not allowed.
4. No exercising or horseplay.
5. Must be 16 to utilize this area

### **ADMISSION PROCEDURES**

1. To gain admission to the Cedar Falls Recreation Center, you must have a current membership card, a punch card, or pay the daily fee. By having a membership card or paying the daily fee, a person is allowed to use the gym, exercise room, track, sauna, steam room, locker rooms, and may check out equipment.
2. Keep the person's membership card or other I.D., and attach the proper card according to the item checked out. The I.D. or card will be returned to them upon receipt of the equipment. Failure to return the equipment will result in a charge for the missing item.



### **GUEST POLICY**

1. A Cedar Falls Recreation Center member may bring one non-resident into the facility as a guest by paying the resident rate. Each person in the family may do this with their card.
2. There is no "free" guest policy for members.
3. The office staff may occasionally give out complimentary guest passes signed by one of them. These are good for one daily admission.