



# **CEDAR VALLEY SPORTSPLEX**

**Where active lifestyles take shape**

300 Jefferson Street  
Waterloo, IA 50701  
(319) 291-0165

## **Membership Handbook**

Dear SportsPlex Member,

Thank you for purchasing a membership to the Cedar Valley SportsPlex. This Membership Handbook has been designed to familiarize you and your family with the exceptional facilities, services and programs that are made available to you as a member of our center. We feel that in order to achieve the most benefits from your membership, it is essential to understand the features of the facility, as well as the policies and procedures by which the center is governed. Each one of our policies has been carefully developed with three factors in mind: safety, quality and consistency. In order to keep the Membership Handbook as clear as possible, only a summary of policies and procedures have been provided. As an evolving operation, we anticipate that our policies will be changing to effectively meet the needs of both the community and the facility. Therefore, more detailed and current information will be made available to our members on our website and in literature, which is updated on a regular basis. If you would like a complete copy of our policies and procedures, please ask a staff member for the Cedar Valley SportsPlex Operation Manual.

As you read through the handbook, please feel free to contact us if you have any questions or concerns. We can be reached by phone or e-mail. Your input is welcome as we consider our members a valuable commodity, ensuring the continuing improvement of our services and the overall success of our facility.

The Cedar Valley SportsPlex is a 125,000 square foot facility located in downtown Waterloo. The facility is designed to enhance the quality of life and physical well-being of the Cedar Valley community.

**Mission:** Committed to providing current and diverse programming, as well as fitness opportunities, to enhance life-long health and well-being of our members, residents, businesses and guests.

**Vision:** To create an atmosphere that encourages individuals to live healthy, active lifestyles

**Values:** Excellence, Engagement, Respect, Quality Experiences and Ethical Decision Making

**Goals:**

- Provide services and programs that support people in their well-being.
- Strengthen the community environment.
- Enhance retention through recreation and fitness programs as well as services that optimize members, residents, guests and businesses.
- Create additional financial resources for those requiring assistance.

## **General Facility Hours**

### **Fall/Winter**

Monday – Thursday: 5:00am – 9:00pm

Friday: 5:00am – 7:00pm

Saturday: 6:00am – 6:00pm

Sunday: 6:00am – 6:00pm

### **Spring/Summer**

Monday – Thursday: 5:00am – 9:00pm

Friday: 5:00am – 7:00pm

Saturday: 7:00am – 4:00pm

Sunday: 7:00am – 2:00pm

## **Operating Calendar**

- The Cedar Valley SportsPlex Operating Calendar does not correspond with the Waterloo or Cedar Falls School District Calendar. The SportsPlex will remain open for business during school vacations, teacher-in-service days and some holidays.
- Holiday hours will be posted one month in advance.

## **Inclement Weather**

The SportsPlex will make every attempt to remain open during times of inclement weather; however, the facility will be closed if the conditions are determined to be a threat to the patrons and staff.

## **Maintenance Days**

In an effort to achieve the highest standards of facility maintenance, there will be times when the entire facility or certain areas of the facility, will shut down for maintenance. Patrons' understanding and patience is appreciated as efforts are made to improve and maintain the cleanliness, safety and aesthetics of the facility. These dates will be posted throughout the facility in advance.

## **Specific Area Schedules**

Areas in the facility such as the field house and leisure pool will have specific schedules that are updated regularly, consisting of times designated for open gym, lap swim, slide hours, etc. These schedules will be posted throughout the facility and available to patrons at the front desk and our website.

## **Equipment Use**

- A valid membership or daily pass must be presented to check out equipment at the front desk
- Users may check out the following items: basketballs, volleyballs, soccer balls, and footballs
- Late Fees: The equipment should be returned to the Front Desk before leaving the facility or before the facility closes on the day the equipment is checked out, or a late fee will be assessed.
- Replacement: The person checking out the equipment is responsible for the item(s). If the equipment is lost, damaged, or not returned, the individual that checked it out is responsible for the replacement cost. The individual's SportsPlex membership will be suspended until the charge is paid for.

## **Child Care**

- An additional charge of \$20.00 per month, per family, will be issued for members utilizing child care
- Children may stay in child care for up to 120 minutes while parent or guardian is at the center.
- Eligible children: 6 months to 10 years.
- Parent/guardian must check the child(ren) in and out.
- Parent/guardian will be called on their mobile device in case they are needed to come down and take care of their child(ren).
- Child Care may not be provided during adult recreation programs.
- All drinks need to be brought in in an appropriate container.
- Snacks will not be handed out during child care
- Diaper bags are not allowed to be stored in the child care room, use a locker if needed.
- If your child can walk, he/she must wear shoes.
- Make sure your child's immunizations (shots) are current.
- If your child needs medication while you are here, you must administer it.

- If your child has a fever of 100 degrees Fahrenheit or comes down with the flu, we will ask you to remove your child(ren). They will not be able to return for a full 24 hours.
- Change your child's diaper before you come to child care. If your child needs changing while you are here, we will page you.
- If your child needs to be disciplined, we will talk with you, and if the problem persists, we may ask you to remove your child from child care.

### **Locker Rooms**

The SportsPlex has three sets of locker rooms: public, private and family. The public locker room can be used by anyone using the SportsPlex at the time of their visit. They can bring their own locks to put on the lockers, but have to empty out the locker by the end of the day. Locks will be cut off at the end of the day, and anything remaining in the locker will go into lost and found for one week, then given to charity if not picked up. Private locker rooms are for those members who have paid for lockers. These lockers can be rented on a monthly or yearly basis. Family locker rooms are available for parents with small children and individuals with special needs. These locker rooms are meant for special situations only. Youth, ages five and older must use the appropriate gender locker room. The intentional misuse of family locker rooms will result in removal from the facility and is subject to disciplinary action.

### **Membership Application Process**

#### In-Person

Anyone interested in becoming a member of the SportsPlex, must complete a Membership Application Form. All applicants must be listed on the form and any applicant eighteen and over, must sign the waiver portion of the application form. Completed application forms can be submitted at the front desk or to the Member Services Specialist.

Application forms will be processed on-site complete, with a membership ID card for everyone ages twelve and older. Applicants should come prepared with proof of residency, age/identity verification and college verification. Membership cannot be validated without these materials.

#### **Proof of Age and College Verification**

For age/identity verification, a driver's license is required for all applicants eighteen years and older. A birth certificate or driver's license is required for all minor children.

In order to receive the college student rate, applicants must present a current, full-time class schedule at the time of applying for membership. To continue receiving the college student rate, at the beginning of each semester, it is asked that the college student bring in their current, full-time class schedule. Failure to do so, will cause them to be transferred to the Adult Membership.

#### **Membership Types and Rates**

The membership types listed below have been developed in an effort to effectively meet the diverse needs of a growing community. All applicants must fall under the definition of the membership type for which they are applying. Qualification for age categories will be determined by the age of the individual at the time they are purchasing their membership. Falsifying information regarding membership type, is ground for permanent suspension from all SportsPlex facilities, programs, and activities. Once purchased, membership types or fees cannot be altered unless it is considered an upgrade. Any other change must be made upon renewal of the membership.

The SportsPlex has made every attempt to maintain affordable membership fees while also providing a revenue base, which will assist in subsidizing the operating cost of the facility.

## Definitions of Memberships

- Adult – Person 18-61 years of age
- Adult Plus (club locker included) – Person 18-61 years of age
- Youth – Person 10-18 years of age
- College – Person who has a valid College ID and a valid, full-time class schedule
- Senior – Person 62 years of age and older
- Senior Plus (club locker included) – Person 62 years of age and older
- Senior Couple – Married 62+
- Couple – Living in the same household
- Family – Immediate family of 4 with dependent children under the age of 18. A charge of \$5.00 per additional family member will be issued per month, per family.
- Family Plus (includes child care) – Immediate family of 4 with dependent children under the age of 18. A charge of \$5.00 per additional family member will be issued per month, per family.

Corporate Membership Program: a discount off a membership for participating organizations. If your organization is interested in becoming a corporate member, please contact the SportsPlex Membership Services Manager.

## **Membership Payment Plan Option**

Members and perspective members of the SportsPlex have two different options for paying for their membership. In order to receive the Annual Membership rate, the amount must be paid in full when receiving the membership. The Monthly Membership will have the monthly amount automatically drafted from your bank account on the 20<sup>th</sup> of every month.

## **Financial Assistance for SportsPlex Memberships**

The Financial Assistance Program was created to provide financially disadvantaged individuals access to recreational facilities and programs at the SportsPlex. This program reduces rates, it does not eliminate them. Financial Assistance offers 25% off of any type of annual membership or ONLY a family or youth continuous membership, and 50% off most youth recreation programs. The Operation Threshold keycard needs to be shown in person to receive the discount. This discount will be effective until the date the keycard expires, in which a valid keycard will need to be presented in person. To inquire about your qualification for financial assistance, please visit Operation Threshold for more information.

## **Upgrades/Downgrades**

Once purchased, membership types can only be altered if a new membership application is filled out, signed and dated by the primary account holder. Membership upgrades can be requested any time during the individual's membership and a pro-rated fee for the difference of the upgraded package will be charged. If continuous, the next processing date will reflect the new membership rate. If paid in full, the membership expiration date will not change, and remain the same.

## **Non-Transferable and Non-Refundable Membership Policy**

After an application has been processed, memberships are non-transferable and non-refundable. Memberships cannot be transferred from one member to a new individual once purchased.

Individuals wishing to be considered for a refund/credit due to extenuating circumstances must talk with the SportsPlex Recreation Services Manager and Member Services Specialist. Annual Memberships already paid in full are non-refundable except under the following circumstances:

- A documented medical condition which prevents the member from utilizing the facility for 1 (one) year or more is eligible for a pro-rated refund.
- Medical conditions that prevent members from attending for short term (1-11 months) are handled by freezing the membership calendar/clock until the member can return

- The member can verify relocation to at least 25 (twenty-five) miles away from the facility is eligible for a pro-rated refund.
- Annual Family Memberships are non-refundable, except in the case of relocation, for a pro-rated refund.

### **Membership Expiration Date**

Depending on the membership plan, memberships are valid for a specific time from the date of purchase. Once a membership expires, individuals will not be permitted to use the facility unless they pay the daily pass rate or renew their membership. There is not a grace period on membership renewal payments. Membership expiration dates can be provided to members upon request.

### **Membership ID Cards**

Membership cards are given to all members ten years of age and older. This card is required for entry into the facility, and all cards are scanned at the front desk area. Members are required to have their card with them at all times while in the facility. If a membership card is lost or stolen, report it immediately to an on-duty supervisor or front desk staff. A new card will be issued for a \$5.00 replacement fee.

Any person attempting to enter the SportsPlex with a stolen ID card will have it confiscated immediately. Membership ID cards not belonging to the bearer or suspicious use of membership ID cards may result in confiscation. The bearer and owner will face disciplinary action (suspension or termination of SportsPlex privileges) and may face additional penalties from police officials in the case of misused membership ID cards.

### **Membership Renewal**

Members are always welcome to check on their membership expiration date by contacting the front desk. When memberships are renewed, new ID cards are not created, but information will be updated to their cards. Memberships can be renewed during all operating business hours.

### **General Age Restrictions for Participating Members**

The following general age restrictions apply throughout the facility:

- Adult supervisor has to be 18 years of age or older.
- Ages 9 and under: must be directly supervised by an adult at all times, unless they are participating in a SportsPlex sponsored program/activity, or they are in child care.
- Ages 10-18: do not need supervision, or an adult in the building with them.

### **Specific Area Restrictions**

In an effort to provide a safe environment for all patrons, the following age restrictions apply to specific areas of the facility listed below:

- Upstairs Fitness Level: 16+
- Leisure Pool: Children under 13 years old are not permitted to use the pool without an adult in attendance of the pool area.

### **Access to the SportsPlex**

#### General Day Pass Policy

- Youth/Adult Day passes are sold Monday – Sunday open to close for \$10.00 per individual ages 0 - 61 years old.
- Senior Day passes are sold Monday – Sunday open to close for \$5.00 per individual ages 62+
- Family Day passes are sold Monday – Sunday open to close for \$20.00 per family of 4 individuals.
- Youth under 18 years of age are required to have adult supervision 18 years or older for the entirety of their day pass visit. This adult must sign-in along with the youth and are liability for that individual(s).
- Day passes will not be sold on Waterloo public non-school days (excluding summer break).
- Guests will need to show a valid photo I.D upon purchase of a day pass.

- Guests must sign-in on the non-member sign-in sheet at the front desk after reading the liability waiver.
- Guests are not permitted to leave the facility on a day pass and re-enter the facility at a later time. They will be required to pay for a new day pass.

### Members

Upon entering the SportsPlex, all patrons ten years and older are required to check in at the front desk and have their membership card scanned, in order to gain admittance. If a member forgets their card, they will be asked a series of questions they should know. Each time a member forgets their card, it will be logged into the computer. If a member forgets their card more than three times within a 30-day period, they will not be permitted entry without their card and will be required to pay for another card.

### Non-Members (Photo ID Required)

For the purpose of safety and security for all patrons that enter the facility, all non-members are required to show a photo ID in order to enter. One of the following Photo ID's are acceptable:

- Driver's License
- State Identification Card
- Student ID (college age and younger)
- Passport
- US Military ID

Without proper identification, members or guests will not be permitted to enter the facility. Guests nine years of age and younger, must be accompanied by an adult that provides proper photo identification.

### **User Disciplinary Policy**

The Cedar Valley SportsPlex is a facility operating for the benefit of the Cedar Valley community. Members are expected to join the staff in promoting a pleasant recreational environment. Members are asked to use mature judgment in choosing actions, clothing and language; and be sensitive to the message it delivers to others. Members should respect the rights of others and are encouraged to display good sportsmanship, so that participation in all activities is safe and enjoyable. The behavior of a patron must not disrupt the experience of others. All problems should be reported immediately to the on-duty supervisor.

Rules and policies are posted and/or distributed to all SportsPlex users. The authority to enforce these policies is vested in the SportsPlex staff and administrative personnel responsible for facilities and programs. Violations of rules, malicious use or defacing of property, solicitation, verbal abuse, or other violations of the SportsPlex, will not be tolerated. The SportsPlex Staff reserves the right to make discretionary adjustment to disciplinary action depending on the circumstances, which may include suspension or revoking patron privileges.

### Unacceptable Conduct

Discipline is necessary when any patron exhibits unacceptable conduct. Examples of unacceptable conduct are:

- Abuse or intentional misuse of SportsPlex equipment and properties
- Abusive or foul language
- Activity inappropriate for a family oriented, public facility
- Disregarding SportsPlex rules and policies
- Engaging in dangerous activity
- Fighting or threatening harm to others
- Gambling
- Inappropriate clothing
- Lack of respect for the SportsPlex staff i.e. ignored request, intimidation, verbal threats, physical threat, etc.
- Lack of respect for other members and/or guests
- Misuse of a SportsPlex membership card

- Non-payment of SportsPlex membership, program, or service fees
- Sexual harassment
- Solicitation
- Theft
- Use of alcohol, illegal drugs and/or tobacco
- Vandalism

### User Discipline

The SportsPlex staff will give a verbal warning for *general problems* the first time they occur. At the time of the warning, the individuals will be informed of the specific problem with the behavior and that it will not be tolerated. If a user refuses to cooperate after he/she has received one warning, the violator should be warned a second time to discontinue the infraction or leave the facility. If a user continues to violate the policy, they will be escorted from the facility, and may be suspended for a time period. The suspension length depends on the infraction. Refunds will not be granted to those individuals who are suspended due to disciplinary problems. For children ages ten & under, a parent/guardian will be contacted and informed of the situation. All warnings will be documented on incident reports by the SportsPlex staff.

In cases when the problem occurring is not a general problem, and needs to be addressed immediately, the user may be escorted from the SportsPlex without a warning. The SportsPlex staff reserves the right to decide on the appropriate action for each case separately, depending on the nature and severity of the problem.

### User Suspension

Suspension for the above problems will be decided by the Recreation Services Manager and Membership Services Specialist on a case-by-case basis. The nature and seriousness of the offense will determine the suspension. Refunds will not be granted to those individuals who are suspended due to disciplinary problems.

### User Termination

For extreme and/or repeated violations, permanent termination from the SportsPlex will be considered. Refunds will not be granted to those individuals who have their membership terminated due to disciplinary problems.

### Appeals

Appeals can be made if the suspension is long term or permanent (3 months or longer). These appeals will be sent to the SportsPlex committee.

## **General Facility Policies**

### Food, Beverages, Tobacco, Alcohol, and Illegal Drugs

- No food is permitted anywhere in the facility *except* in the conference room, multi-purpose rooms, waiting areas and locker rooms.
- Water and sports drinks in closed containers may be used in the exercise, gym, or field house areas.
- Glass containers are prohibited at all times.
- Possession and consumption/usage of alcohol, illegal drugs and tobacco (including smokeless tobacco) are not allowed.
- Smoking is prohibited on SportsPlex property.
- Chewing gum is not permitted in the SportsPlex
- SportsPlex staff reserves the right to check liquid substances in personal beverage containers, and to check any cooler

### Clothing/Shoes

- Closed-toe shoes are required except in the locker rooms and the Leisure Pool.
- Patrons are asked to wear clean athletic shoes that have scuff-resistant, non-marking soles in all activity areas of the facility, except the field house and leisure pool.



- Patrons must wear full-back sleeveless shirts, or full t-shirts covering the stomach; shorts/pants must be worn for all SportsPlex activities. Shorts must be long enough to cover the buttocks and appropriate undergarments and support are required at all times. These items must be worn in all areas of the SportsPlex except the Leisure Pool
- No clothing with obscene or offensive words or pictures.
- Properly laundered clothing required for sanitary reasons.
- Belts, metal zippers, studs, etc. are prohibited as they may damage exercise equipment and pose a risk to injury
- Jewelry which may cause equipment damage or pose a risk of injury should be removed. Users may be asked to remove items that pose a danger to self or others.
- SportsPlex staff shall be the judge of proper attire.

#### Equipment with Wheels

- No bicycles, skateboards, scooters, heellies, roller skates or roller blades are permitted inside the facility. Bicycle racks are located outside the facility. Bicycles may not be chained anywhere except on the racks.
- Strollers are not permitted in the cardio or weight area and track. Children in strollers must remain in strollers at all times in activity areas.
- Participants with special needs are exempt from this policy.

#### Photo and Video Policy

- The SportsPlex and Sports Department, normally take photographs and/or videos of various programs, activities, or special events. Unless requested otherwise, participation will be considered premised for Waterloo Leisure Services, the Sports Department, and the SportsPlex to use the photos and videos.
- Pictures/videos may **NOT** be taken in the locker rooms, family changing area, restrooms, or other areas deemed by the SportsPlex staff.
- Photography/videography for a special event needs to be approved by the SportsPlex Director. It is recommended picture/video requests be places at least 24 hours in advance with the SportsPlex Director. The photographer needs to sign in at the front desk and is restricted to the event they are covering. The photographer verbally alerts the group that they are being photographed, telling them how the photo will be used, asking permission and allowing anyone who does not want to be photographed to step out of the picture.

#### Cell Phone Policy

- Use of cell phones and all other electronic devices, is not allowed in restrooms or locker rooms.
- Cell phones are allowed, but strongly discouraged on cardio or weight equipment.
- Out of respect for others, we ask that users limit cell phone use to public areas.

#### Personal Music Devise Policy

- Headphones are needed if users listen to a personal music device.
- Appropriate cases and carrying bands are strongly recommended for users.
- SportsPlex staff reserves the right to ask a user to turn down their music.
- Failure to use headphones and/or listen to SportsPlex staff will result in removal from the facility.

#### Accidents and Injuries

The SportsPlex is not responsible for accident/injuries which are incidental to the activities and/or use of the facilities or equipment in the SportsPlex.

- All accidents should be reported to the on-duty supervisor, area supervisor, or the front desk.
- Open wounds/bleeding must be covered to participate in any area of the facility. Clothing soiled with bodily fluids must be changed.

- First-aid supplies (ice, band-aids, gauze, gloves) are available to users to be self-administered.
- Staff is available to call an ambulance upon request. If the person is unconscious or unable to respond, an ambulance may be called at the discretion of the staff.
- All accidents/injuries requiring assistance will require a staff member to complete an accident/injury form. Cooperation in obtaining the patron's information necessary for completion of the form is requested.

### Lost and Found

- Lost and found items should be turned into the front desk.
- Any inquiries about lost and found items may be made at the front desk.
- Anything left over in lockers at the end of the day, will be turned into lost and found.
- The SportsPlex is not responsible for lost or stolen items.

### **General Provisions**

Incidents involving vandalism or theft should be reported to the front desk immediately. Detailed incident reports must be completed for each incident by the appropriate staff person. Names of individuals involved, addresses, phone numbers, description of the incident and action taken should all be included on the report. Users may file a police report at the Waterloo City Police station if they choose.

### **Program Types**

The SportsPlex offers a wide variety of programs and activities designed to meet the needs of the community, all ages and interests. Programs will typically be classified in one of the following categories: aquatics, fitness and wellness, sports, infant and preschool, youth and teen, adult, older adult and family programs.

### **Program Fees**

Members will be able to participate in group fitness classes for free, as well as receive a discount on specialty classes offered. Some programs that are offered through the Sports Department have a key card option, which gives financial assistance for those who qualify.

### **Program Instructors and Staff**

If an individual or company would like to hold a program or activity that is held at or sponsored by the SportsPlex, they will be required to talk to the SportsPlex Recreation Services Manager and Fitness Specialist.

### **Forms of Payment**

Full payment for programs must be made at the time of registration. The SportsPlex will accept cash, personal checks (with valid driver's license), credit cards (Visa, MasterCard and Discover) and money orders. When using a credit card, if the credit card is not signed, a driver's license will be required in order to process the transaction.

### **Methods of Registration**

Registration dates and deadlines will be advertised each season. Program Registration Forms can be submitted at the Front Desk. Online registration is also available by visiting our website at [www.cvsportsplex.org](http://www.cvsportsplex.org).

### **Age Requirements and Program Attendance**

Unless specified, all programs are open to participants of any appropriate age. Only registered individuals may attend the program or class.

## **Participants with Special Needs**

The SportsPlex encourages individuals with special needs to participate in all programs and activities. The staff will make every effort to assist special needs participants to assure that they have a positive experience. If you or your child requires special assistance to use the SportsPlex or a program, let us know beforehand.

## **Additional Program Information**

- Late registrations may be accepted on a case-by-case basis. Due to the nature of some programs, late registration may not be feasible. Individuals registering late will be required to pay the total program fee, and possibly an extra processing fee.
- Once a program becomes full, a waiting list will be created. Participants on the waiting list will only be contacted if space becomes available.
- The SportsPlex will make every effort to successfully implement all programs that are offered; however, on occasion, a program may not have sufficient enrollment or may require a change of date, time, or location.
- All program participants must check in at the front desk. Photo ID will be required for entry for all non-members not participating in a paid rental or program.
- Refunds/credits will be processed by the SportsPlex if a program is cancelled.

## **Specific Area Policy Highlights**

The following is a summary of the rules for the specified activity areas in the SportsPlex. A more complete and detailed list can be found at the front desk, or in each activity area. Decisions made by the SportsPlex staff are final.

All concerns, equipment malfunctions and maintenance needs should be reported to the SportsPlex staff. Users of the SportsPlex must comply with all instructions given by the staff. The SportsPlex staff has the authority and responsibility to direct individuals not abiding by the policies or creating a disruption, to leave the facility. Failure to comply with such instructions or with policies of the SportsPlex, may result in disciplinary action. If a child under fourteen years of age wants to use the fitness equipment, they need a form signed by a full-time staff member to gain entrance.

### Cardio Area

- Must be sixteen years of age to use cardio equipment. Youth under sixteen years of age are not permitted to be upstairs in the fitness area.
- Please limit workout to thirty minutes when others are waiting.
- Wipe down machine when finished with cleaning spray and cloth provided.
- Slides/flip flops are not permitted on cardio equipment.

### Weight Area

- Must be sixteen years of age to use weights and strength equipment. Youth under sixteen years of age are not permitted to be upstairs in the fitness area.
- Do not lift beyond your capabilities.
- Absolutely no slamming of weights – set them down properly.
- Return all free weights, barbells and dumbbells back to their racks when finished.
- Slides/flip flops are not permitted on weight/strength equipment.

### Running/Walking Track

- Must be sixteen years of age to use running/walking track. Youth under sixteen years of age are not permitted to be upstairs in the fitness area.
- Strollers are permitted for use on the track in a single file line. Please do not walk side by side with other stroller users.
- Utilize the signage for daily track direction.

- Walkers use the inside lane, joggers in the middle lane, and runners in the outside lane.
- No more than 2 people side-by-side.
- The track is not an observation area.

### Gymnasium

- Hanging on rims or nets is not permitted.
- Volleyball nets will be set up and taken down by staff only.
- No kicking or throwing of equipment at the ceiling or the track.

### Field House

- No metal or screw-in cleats of any kind.
- No food, gum, or sunflower seeds allowed.
- Only free standing field markers and equipment can be used. No stakes, poles, posts, or markers of any kind may be driven into the ground.

### Swimming Pool

- Swimming is only allowed if there is a lifeguard on duty.
- Scuba and mask-style goggles are not permitted.
- Children under 13 years old are not permitted to use the pool without an adult in attendance of the pool area.
- Horseplay such as running, dunking and splashing is not permitted in the pool area.
- No diving is allowed anywhere in the pool.
- Showering is required for anyone who enters the pool.
- Proper swim attire must be worn at all times. Cotton clothing material is not permitted attire.
- The waterslide is an adventurous activity and may expose the rider to possible physical injury. In deciding to participate, the rider assumes full responsibility of any injury sustained.

### Group Fitness Classes

- Youth under the age of 16 must be accompanied by an adult in order to participate in group fitness classes.
- Utilization of SportsPlex stereos are reserved for staff only. Members and guests are not permitted to use stereo equipment.