

## Welcome to the Broadview Heights Community & Recreation Center

- All visitors must check in at the front desk.
- You must be a member of the recreation center, be participating in a program or rental, or have paid the daily drop in fee to use the recreation center.
- Code of Conduct - All members must treat Recreation Staff with respect. We will not tolerate profanity, yelling or disregard to the staff doing their jobs and ensuring our policies and procedures. Disorderly conduct can result in suspension of membership.
- AGE REQUIREMENTS:
  - Children under the age of 13 are NOT permitted to use the Fitness Center.
  - Children under the age of 13 must have direct adult supervision in the natatorium, and Track.
  - Patrons must be at least 18 years old to use the steam room, sauna and whirlpool spa.
  - Children under age 7 must be accompanied by an adult in the water and the adult must be within arms-reach of the child (with the exception of the zero-depth area).
  - Child Watch is available for children ages 1 through 12.
  - The person reserving the golf simulator must be 18 years of age or older and they are liable for any damages.
  - Children under the age of 13 must be supervised by an adult in the golf simulator.
- No food is permitted in the gymnasiums, the fitness center, on the track or in the natatorium.
- No running or dribbling in the hallways or lobby areas.
- No skateboards, skates or hover boards permitted.
- Memberships are non-refundable and non-transferable.
- Broadview Heights Parks & Recreation Department is not responsible for lost or stolen items. Please store all personal items on the coat racks or in the storage cubbies/lockers provided (no locks permitted on lockers overnight).
- The following activities are not permitted and may result in suspension, expulsion or termination of membership/facility use, and/or criminal punishment: Fighting, profanity/foul language or clothing, disorderly conduct, bullying, threatening or aggressive behavior, spitting, use of alcohol, vaping or tobacco products, theft, property damage, littering, loitering (inside or outside of the facility), defrauding membership, public displays of affection, excessive horseplay, disregarding the staffs' enforcement of the rules.
- Additional rules are posted in each specific area of the facility. Failure to adhere to posted rules or direction from a staff member may result in suspension, expulsion or termination of membership and/or use of the facility. All of the facility rules are posted online and available at the front desk. We reserve the right to add, change or delete rules, which in our judgment, will help maintain a safe environment.
- In case of injuries or incidents, please notify a staff member.

### NATATORIUM RULES

- Review posted rules for each amenity within the natatorium prior to use.
- Proper swim attire is required.
- Shower before entering.
- Non toilet-trained children must wear a swim diaper.
- Persons with communicable diseases or infectious conditions such as open sores, eye infections, skin conditions, nasal/ear discharge, or person wearing any type of bandage shall not be permitted to use the pool.
- Plastic or metal spill-proof water containers are permitted - no glass allowed. No food is permitted. Clean up and report spills to staff.
- No running, excessive horseplay, spitting or polluting permitted in or around the pool.
- Diving permitted in the 10 ft. area only. No flips.
- No hanging on the lap lanes, basketball hoops or volleyball nets.
- US Coast Guard Approved Life Jackets are permitted (except on slides or in lap lanes). An adult must be within arm's reach of anyone utilizing a lifejacket.
- Rest breaks will be called at the discretion of the aquatics staff.
- Use of specific areas of the pool may be restricted due to staffing levels and/or aquatic programming.

- Lifeguards are responsible for enforcing rules that in their judgment will help maintain a safe environment.
- The staff reserves the right to ask any patron displaying inappropriate behavior to leave the facility.
- The Natatorium closes prior to the scheduled facility closing. Please check the current pool schedule for hours of operation.

### **SAUNA/STEAM/WHIRLPOOL ROOM RULES**

- Patrons must be at least 18 years old to enter.
- Proper swim or fitness attire is required – no street clothes.
- Shoes should be left outside the room. Flip-flops are permitted.
- Shower before entering.
- Pregnant women, elderly persons, and persons suffering from conditions such as heart disease, diabetes, high or low blood pressure, or respiratory conditions should not enter without prior medical consultation and permission from a doctor.
- Persons with communicable diseases or infectious conditions such as open sores, eye infections, skin conditions, nasal/ear discharge, or person wearing any type of bandage shall not be permitted.
- Do not use while under the influence of alcohol, tranquilizers, or any other drugs that may alter blood pressure or while using any medication which cautions against hot and/or humid conditions.
- Allow yourself at least 5 minutes after exercising to cool down before entering sauna or steam room.
- Observe reasonable time limits 10-15 minutes then leave and cool down before returning. Long exposure may result in a nausea, dizziness, or fainting.
- Not permitted: Food, beverages, gum, any paper materials, spitting, leaving clothes in sauna to dry, public displays of affection, changing clothing, shaving or personal manicuring, fragrances or medicated ointments.
- Do not put water on the rocks in the sauna. This will damage the heating unit and may shut down the sauna.
- Lifeguards are responsible for enforcing rules that in their judgment will help maintain a safe environment.

### **WATER SLIDE RULES**

- The slide can be used only during scheduled open times and when lifeguard is on-duty.
- Riders must be 42" or taller to ride.
- Adult supervision is recommended.
- Slide lying on back, feet first only. No head-first sliding.
- Wait for the signal from the lifeguard before entering the slide flume.
- No running, standing, kneeling, rotating, tumbling or stopping in the slide flume.
- Only one person at a time. Forming "chains" is prohibited.
- Keep both hands and feet inside the slide flume at all times.
- Leave the slide flume promptly after stopping. No standing in the flume runout area.
- No diving from the slide flume.
- Riders are not permitted to play or rough house on slide tower stairs.
- No life jackets, loose clothing, goggles, masks, glasses, snorkels or swim shoes are permitted.
- Do not use this slide under the influence of alcohol or drugs.
- Pregnant women and people with heart or back conditions should not use the slide.
- Weight limit: 300lbs. (based on ASTM standards).
- Rider assumes all risk of injury due to misuse of the slide.
- Follow the instructions of the lifeguard. Failure to follow the slide rules could result in serious injury to yourself and others.

### **AQUA CLIMB RULES**

- The Aqua Climb can be used only during scheduled open times and when lifeguard is on-duty.
- Only one climber at a time on the Aqua Climb.
- Experienced swimmers only. Anyone wishing to use the Aqua Climb must pass a test by the lifeguard.

Participants will be required to swim the full length of the pool 25 meters – front crawl without stopping and tread water for one minute.

- Only one swimmer at a time in the drop zone.
- No diving or flips. Feet first entries only.
- No horseplay on the Aqua Climb.
- Flotation devices are not permitted.
- Patrons must obey the directions from the lifeguard on duty.
- The Aqua Climb will be closed at times due to other events in the lap pool.

### **RULES FOR FAMILY CHANGING CABANAS**

- Please be courteous and limit your time to 15 minutes.
- Personal belongings should be stored in the lockers outside the family changing cabanas.

### **CHILD WATCH RULES AND REGULATIONS**

- Child Watch is available for children age one through twelve. The Child Watch staff reserves the right to verify a child's age.
- Children are welcome in the Child Watch for up to 2 hours per day.
- Parent/guardian must remain inside the building and must be reachable by cell phone while their child is in Child Watch.
- Children must be signed in and out by an adult. The adult signing the child out must be the same adult who signed the child in, unless prior arrangements have been made.
- Sick children will not be permitted. To protect other children, it is the responsibility of the Child Watch staff not to accept ill children. Children with a fever, runny nose, diarrhea, vomiting, or communicable skin rashes will not be permitted in the room.
- Our staff is not permitted to administer medications.
- No food or snacks are permitted.
- All drinks must be labeled and contained in unbreakable, spill proof containers.
- The Child Watch staff is not responsible for personal belongings brought into or left in Child Watch. Please leave personal toys at home.
- All children must wear socks and shoes according to the Health Department.
- The Child Watch staff will not be responsible for changing diapers or assisting with the bathroom needs other than snaps or buttons.
- Please bring your child to Child Watch clean, dry and fed.
- Responsible use of equipment and supplies is expected of all participants.

### **INDOOR TRACK**

#### **Track Direction**

**ODD DAYS →**

**EVEN DAYS ←**

Walkers use inside lanes. Runners use outside lanes.

Distance:

Inside lane	15 laps/mile
Center lane	14.5 laps/mile
Outside lane	14 laps/mile

- Appropriate athletic attire is required, including clean dry athletic shoes.
- Plastic or metal spill-proof water containers are permitted - no glass allowed. No food is permitted. Clean up and report spills to staff.
- No stopping or standing on the track.

### **GYMNASIUM RULES**

- Proper athletic attire including shirt, shorts/pants, and clean, dry, non-marking athletic shoes must be worn.
- Plastic or metal spill-proof water containers are permitted - no glass allowed. No food is permitted. Clean up and report spills to staff.
- Dunking or hanging on the basketball rims is strictly prohibited.
- Do not hang on the volleyball nets.
- Inappropriate use of equipment is not permitted.
- No personal radios are permitted without headphones.
- We do not allow open baseball in gyms – inquire with staff on baseball rental for Auxiliary Gym

### **FITNESS CENTER RULES**

- Clean, dry athletic shoes are required. Bare feet, sandals or other open-toed shoes are not permitted.
- During wet weather please bring clean, dry shoes to change into prior to entering the fitness center.
- Proper athletic attire is required. In order to prevent damage to upholstered equipment, clothing with zippers, snaps, buttons, etc. and jeans cannot be worn in the fitness center.
- Only plastic or metal spill-proof beverage containers are permitted - no glass allowed. No food is permitted.
- After use, please wipe equipment/mats with provided gym wipes. Do not use personal towels to wipe down equipment.
- No personal radios are permitted without headphones.
- Please rack weights after use. Do not bang or drop weights on the floor. Free weights should not be placed on upholstered benches, rested against walls, equipment or mirrors. Spring collars must be used with all bars in free weight area. All bars should be stripped immediately after use.
- All cardiovascular equipment is operated on a first come serve basis. Please be courteous during peak hours. Limit the use on all machines to 30 minutes.
- Be courteous to others waiting. Do not rest on equipment.
- Chalk is not permitted.
- Do not operate any damaged or malfunctioning equipment. Do not remove out of order signs.
- No outside personal trainers are permitted to train in the fitness center.

### **INDOOR GOLF RULES**

- The golf simulator is available by paid reservation only. Please see the front desk staff for assistance.
- No food or drink permitted inside the simulator. No alcoholic beverages permitted within the facility.
- Please wear clean dry athletic shoes. Spikes and open-toed shoes are not permitted.
- Please make sure club faces and golf balls are clean.
- Only one person inside the simulator at a time.
- Swinging clubs outside of the simulator is prohibited. Before you swing any clubs inside the simulator, check your surroundings to ensure no one is within your range of swing.
- Golf lessons are available. Please see the front desk staff for information. No outside professional golf instruction permitted.