

RULES:

It is our goal at England Fitness Center to provide you a safe, clean, friendly, fun, supportive and affordable fitness facility. Rules of the fitness center will be enforced. Please be familiar with these rules and go over them with your children.

- ANY ONE UNDER 12 MUST HAVE A PARENT WITH THEM AT ALL TIMES.
- GUEST AGES 12 - 15 MUST HAVE THEIR PARENT OR ADULT MEMBER SIGN THEM IN EACH TIME.
- MEMBERS AGE 12 - 15 MUST HAVE A CONCENT FORM ON FILE TO STAY ALONE.
- TIME LIMIT OF 2 HOURS FOR GUEST PASSES.
- TIME LIMIT OF 2 HOURS FOR CHILDREN 12 - 15 TO STAY AT THE CENTER WITHOUT A PARENT.
- NO GUM, FOOD, CANDY, DRINKS are allowed in the facility unless approved by director for special events.

GENERAL RULES:

- All participants must dress appropriately: No sagging, No headgear with foul language or gang association.
- No hoodies or full face toboggans.
- Shirts must be worn at all times.
- NO LOITERING
All minors under 18 are limited to 2 hours per day at facility without parent
- All participants must enter and exit through lobby doors.
- England Fitness Center is not responsible for lost or stolen items.
- NO PROFANITY
- Appropriate fees for utilization will be paid for in advance of the date of the activity.
- This is a smoke free facility. No Tobacco products are to be used anywhere on the England Fitness Center grounds.
- England Fitness Center is a drug free zone. No alcohol on premises.
- All participants must cooperate with the Center staff and personnel.
- All participants must follow instructions located on each piece of fitness equipment or ask staff for information on correct use of specific equipment.
- You must have a spotter when using free weights.
- Do not slam down or intentionally drop equipment when using.
- Keep all weights in designated area.
- PROPER ATTIRE must be worn when working out.
- Bending, stooping, spreading are part of the use of some stretches and equipment use.
- Shirts and shorts must be long enough and fitted to cover all parts while working out.
- Keep hands away from moving parts on equipment.
- Always check pins on strength equipment before using.

- Always check collars and clamps when using free weights.
 - Place all equipment back in designated places.
 - WIPE SWEAT OFF BARS AND SEATS BEFORE LEAVING EACH STATION.
 - No monopolizing equipment and/or stations.
 - Clean up when finished in each area.
 - GOOD PERSONAL HYGINE IS A NECESSITY.
 - No strong perfumes or colognes.
 - No Food, Gum, Candy, Drinks etc in Center. Only Water.
 - Excessive load grunts or chants are not necessary.
 - Use TV and sound system with care.
 - All children under the age 12 must have adult supervision at all times while at the facility.
- Under 16 not allowed in the weight room. The parent must be in the Gym/Pool area with the child.

POOL RULES:

- Guest of the pool must be accompanied by an Adult member.

Adult members are allowed to have their own children and 2 additional non-member guest, however, If the guest are under 18, we must have a written consent form signed at EFC by the legal parent/guardian of the minor.

Non-members at any age are not allowed to swim without an adult member with them.

- NO RUNNING, NO DIVING, NO HORSEPLAY OR MISUSE OF THE POOL TOYS.
- EVERYONE MUST SHOWER FROM HEAD TO TOE BEFORE GETTING INTO THE POOL.
- SWIM SUITS ARE REQUIRED BY ALL SWIMMERS. SWIM SUITS MUST BE LINED AND MODEST.
- SWIMMERS MUST BRING THEIR OWN TOWEL. WET SWIMMERS ARE NOT ALLOWED OUTSIDE THE POOL AREA.
- ALL SWIMMERS MUST EXIT AND ENTER THROUGH THE LOCKER ROOM DOORS.
- LONG HAIR MUST BE IN A PONY TAIL. NOT HEADGEAR OF ANY KIND ALLOWED IN THE POOL.
- NO HAIR PEICES, WEAVES, OR FALSE NAILS UNLESS FIXED IN A PERMANENT MANNER BY A PROFESSIONAL.
- COAST GUARD APPROVED FLOTATION DEVICES ONLY. NO FLOATIES OR RINGS.
- FOOD, GUM OR DRINKS ARE NOT ALLOWED IN THE POOL AREA. ONLY WATER.

- NO GLASS CONTAINERS OF ANY KIND ALLOWED IN POOL AREA.
 - AN ADULT AGE 18 MUST ACCOMPANY CHILDREN UNDER THE AGE OF 12.
 - CHILDREN AGES 12 TO 15 MUST HAVE A WAIVER SIGNED BY A PARENT TO BE IN THE POOL WITHOUT A PARENT.
 - FAMILY SWIM TIME IS FOR PARENTS/GUARDIANS IN THE POOL WITH THE CHILD OR CHILDREN.
 - CHILDREN NOT POTTY TRAINED MUST WEAR A SWIM DIAPER IN THE POOL AREA.
 - ADULT DIAPERS ARE NOT ALLOWED IN THE POOL.
 - THIS IS A PUBLIC FACILITY SO BEHAVE ACCORDINGLY.
 - NO CLOSE OR PUBLIC DISPLAY OF AFFECTION WILL BE ALLOWED.
 - PARTICIPANTS MUST OBSERVE THE PROGRAMMING SCHEDULE AT ALL TIMES.
- POOL IS CLOSED DURING CLASS TIMES.

GYM RULES:

- No Food or Drink allowed in the gym. ONLY WATER.
- NO GUM allowed in the gym.
- Proper shoes and shirt must be worn at all times.
- Playing shoes worn from outside will not be allowed on the court floor.
- Shoes must be clean, non marking tennis shoes.
- NO PROFANITY, ARGUING OR PROLONGED NOISES.
- NO Fighting or rough play. Only 1/2 court ball allowed.
- NO DUNKING OR HANGING ON BASKET BALL RIMS OR NETS.
- Participants must observe programming schedule at all times.
- The court/track is for walkers only from 8 - 10 am Monday - Friday.

Non-Members and Guests: Non-members are not permitted to EFC unless, they have a consent form on file (if minor) and the non-member is accompanied by an adult current member.

The adult current members can bring only 2 guest at a time.

The guest must have a consent form signed by parent/ legal guardian on file at EFC saying that the minor can come in with the active adult member to swim/play basketball etc.

A birth certificate/ guardianship papers may be required to determine That it's the parent or legal guardian that is signing the consent. The consent form must be signed at EFC by the parent or legal guardian. If parent is from out of town you will need to talk with the

office manager or director in advance to get approval and consent form established. These rules are to protect you, the minor, the parents and the City. It is important that we know that all parents know that their child is swimming without a lifeguard present and that they sign a release of claims.

PLEASE DISCUSS ALL RULES WITH YOUR CHILDREN.

Failure to adhere to ANY of the England Fitness Center rules may result in expulsion from the facility.