

Policies and procedures

Participation in the Mitchell Recreation Center and its programs is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety. The Mitchell Recreation Center is not liable for injuries sustained during participation in a Recreation and Wellness Center sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation. The Mitchell Recreation Center does not provide personal accident/health insurance. Therefore, participants are urged to secure their own insurance. You may suffer physical and/or mental injury from participating in these activities.

MITCHELL RECREATION CENTER: General

The following conduct or behavior is not permitted at any time within the Mitchell Recreation Center:

1. Disorderly behavior of any kind, including excessive noise, running in the building, or otherwise causing a disruption to the peace and order of the Mitchell Recreation Center.
2. Vandalizing or defacing materials or property including equipment, furniture, walls or any other aspect of the Mitchell Recreation Center.
3. Removing materials, equipment or property from the building without authorization.
4. Taking pictures with camera phone in any of the locker room areas.
5. Indecent exposure, voyeurism, exhibitionism, or other lewd and lascivious acts.
6. Bringing firearms or any other deadly weapons into the Mitchell Recreation Center.
7. Harassment of other Mitchell Recreation Center guests or staff, either verbally or physically. This may include verbal abuse, use of profanity or other abusive language, intimidation, staring at or following another person within the facility, sexual harassment or harassment on the account of race, religion, ethnic background, gender or sexual orientation.
8. Abandonment of individuals, both adults and children, who are unable to take care of themselves. A responsible guardian (14 or older) must attend children 2nd grade on down at all times. The responsible guardian must be within 10 ft. of their child at all times.
9. Failure to clean up after oneself while using any part of the facility, this includes re-racking weights when finishing a set in the free weight area.
10. Smoking or use of tobacco products including any type of electronic cigarette, hookah, etc.
11. Possessing or consuming alcohol or illegal drugs or being under the influence of alcohol or illegal drugs.
12. Selling products or services, soliciting for personal gain; or approaching guests for the purpose of obtaining signatures for petitions within the building.
13. Posting or distributing unauthorized material or literature. Approval must be obtained in advance from the Director of the Facility.
14. Using a cellular telephone, audible pager, audio equipment, audio-visual equipment, or computer equipment so that it disturbs others.
15. The Mitchell Recreation Center members and guests have diverse musical and television tastes. We strive to provide eclectic music and programming choices throughout the day by providing random, rotating selections. Due to the high volume of foot traffic through the building, we do not take requests. We recommend bringing a personal music playing device (MP3 player, CD player) with headphones to listen to during your workout if you do not agree with our music selections.

16. Leaving personal property in the facility unattended. All property must be stored in a locker or left in your vehicle. Property left unattended is at your own risk. The Mitchell Recreation Center is not responsible for lost or stolen items.
17. The Recreation Center prohibits, hanging on the rim, pulling on the basketball rim, dunking, etc. for your safety and the safety of others. Individuals who dunk or hang, etc. or violate this policy in any manner could be asked to leave the facility. There will be no baseball or softball allowed in the Rec Center. This includes playing catch. You will be financially responsible for any property damage that you cause by violating these rules.
18. Use of an outside Personal Trainer is not permitted. Various Personal Training packages with certified, Mitchell Recreation Center employed trainers are available.
19. Bringing a bicycle into the facility. All bicycles must be secured at the racks provided next to the Mitchell Recreation Center.

Gaining Access Into the Building

1. You must have your membership card in order to gain access into the building.
2. As a courtesy, if you forget your card, our staff will look you up in our data base. You are allowed 3 lookups. Once you have used your lookups you will be required to bring your card in order to gain access into the building.
3. If you lose your membership card you will need to purchase a new card for \$3.

Dress Code

Shoes:

1. No open-toe shoes, non-athletic shoes, sandals, dress shoes, or flip flops in the fitness areas.
2. No boots or black-soled shoes allowed on the basketball courts or the group fitness studios or racquet ball courts.

Clothing:

1. Pants and shorts must be worn at the waistline.
2. T-shirts or tank tops must be worn at all times. *The MRC Staff reserves the right to ask a patron to change clothing if a complaint is received*

Violations

Violations of any of the above policies will result in either a verbal warning or outright ejection from the Mitchell Recreation Center. Any of your behavior may result in loss of facility privileges and denied access to the facility. Any damage to the facility due to the result of patron negligence or misconduct will be the responsibility of the patron to cover monetarily. Access to the facility will be removed until damages are paid in full.

Lost and Found

The Recreation and Wellness Center keeps all items for one month. After the one month period, items are donated to a charity organization

Lap Pool: Facility Use

Shower before entering pool. Proper and appropriate swim attire must be worn at all times.

The following items are not permitted: Food or beverages; Alcohol and/or tobacco products; Running on pool deck; Personal flotation devices; Glass containers; Spitting, blowing nose, or discharging other bodily fluids into pool.

Fitness Facility & Program Policies

- Members and Guests should adhere to all posted facility policies and comply with directives from MRC staff concerning safety and risk management. Any violation of policies may result in removal from the facility and/or restriction of access.
 - Members and guest must be at least 14 years of age and trained by MCR staff before using equipment
 - Appropriate athletic attire is required to promote a clean and safe environment. While utilizing fitness facilities and programs within the MCR, users should follow these guidelines:
 - Athletic shoes or sneakers are required at all times. Footwear must be closed toe and have non-marking soles.
 - Shirts or tank tops must be worn at all times.
 - Shirts should be free of any offensive language or symbols
 - Shorts must be long enough to cover the buttocks and groin area while exercising
 - Swimming apparel is only permitted in aquatic facilities
 - The MCR reserves the right to restrict the use of any apparel deemed unsafe or inappropriate. Users may be asked to adjust apparel or risk being asked to leave the facility.
- Only Personal Trainers employed by MCR are allowed to train clients in the facility.
- Please wipe down equipment after use.
- Return equipment and weights to their proper location.
- Please do not drop or bang the free weights/dumbbells.
- Collars are recommended to be used on free weight bars with plates.
- Only sealable containers and sport bottles are permitted.
- Report all injuries or broken equipment to MCR staff.
- Use control lifting and weight you can handle with good form.
- For weight stack equipment, plates should not be dropped or allowed to clang together
- Dumbbells and free weight equipment should not be slammed together or dropped to the floor.
- Plates are to be moved from racks to bars only.
- Plates and bars should not be left on the floor or leaning against or stacked on benches. Place on floor between sets.

- To prevent tearing, do not place feet or rest bars or weights on upholstered benches.
- Standing on benches or equipment frames is not permitted.
- Chalk and/or chalk-like substances are not permitted.
- Re-rack dumbbells, free weights and plates to proper location after use.
- If performing multiple sets on equipment, allow others to 'work in' while you are resting.
- During peak hours, limit your use of a select weight station to 10 minutes.

All credit to accounts for programs or membership cancellations must be used within 1 year.

Cardiovascular Equipment Areas

- o Hand weights and dumbbells are not permitted on cardiovascular equipment.
- o During peak hours, limit your workout to 30 minutes.
- o Personal items, such as sweatshirts and additional articles of clothing, should not hang on cardiovascular and weight equipment. Items can fall and become lodged in moving equipment, such as treadmills

Closing Procedures

- o All areas, including the locker rooms, shall be vacated by closing time..
- o Announcements are made as closing time nears.
- o A final announcement will be made when activity areas close.

The Recreation Center may not be used for private or commercial purposes unless such activity has been approved by Recreation Center administrators. Examples of prohibited activity include, but are not limited to:

- o Organized athletic team/individual practices or workouts
- o Personal training
- o Private instruction
- o Sales
- o Solicitation

Participants are responsible for reading, understanding and abiding by all rules and regulations of the Recreation Center.

- o Not all rules are posted in immediate areas. If a staff member requests your cooperation, please adjust your behavior. If you have questions about a specific policy, please see Recreation Center staff.

Rentals/Group rates:

We do not allow overnight rentals at the Mitchell Recreation Center.

If you have a special group (example – church group traveling through town needing to shower) we will work with those groups on rates based on numbers and length of stay. All groups must be done 10 minutes before closing.