

CITY OF GOOSE CREEK RECREATION DEPARTMENT

Rules for Safety and Etiquette

1. Dress in appropriate athletic attire:
 - a. Closed toed tennis shoes must be worn. Sandals, flip-flops, work boots, and deck shoes are not acceptable.
 - b. Bathing suit tops, and strapless tops are not to be worn.
 - c. Shirts must be worn at all times.
 - d. Denim, and "khaki" style shorts and pants may not be worn.
 - e. Shorts and pants must be worn at the waist.
2. Wipe down equipment after use. Spray the rag first, then wipe the equipment.
3. Cell phones must be used in the concession area or hallways ONLY
4. Do not sit on the equipment between sets, prohibiting use of the equipment by others who are waiting.
5. Do not drop the weights on the floor.
6. Always use a spotter when lifting free weights.
7. Membership cards must be scanned when entering Rec Center and WORN at all times in the fitness areas.
8. Basketballs, soccer balls, and other gymnasium equipment are not permitted in the weight training or cardio deck areas. Such equipment must be left in the gym.
9. Horseplay will not be tolerated and may result in dismissal from center property.
10. Place weights back on weight racks in the proper position after use.
11. Weight plates and dumbbells must be kept in the weight training area ONLY.
12. Food and drink (except water in a sealable container) are permitted in the concession area ONLY.
13. Hand weights must not be used while on the cardio equipment.
14. Cardiovascular machine workouts are limited to 30 minutes if patrons are waiting.
15. Report all damages, equipment malfunctions and/or accidents to center staff immediately.
16. Respect your fellow members by not wearing shirts that contain rude, suggestive, or offensive language. Refrain from using such language while in the facility.
17. The Goose Creek Community Center and its surrounding grounds are smoke-free premises.
18. Children at any City of Goose Creek Recreation facility who are under 12 years of age must be accompanied by a parent or responsible adult 18 years old or older.
19. "Stroller Time" is from 11:30-12:30, M-F. Parents with their children in strollers may use the track during this time only.
20. "Youth Time" is from 2:30-4:30, M-F. Youth ages 9-12 are permitted on the track during this time only and must stay within an "arms length" of their parent at all times.
21. Youth ages 13-15 are permitted on the track with parental supervision. Their parent must be on the track with them at all times. YOUTH MEMBERSHIPS 15 & UNDER **CAN NOT USE CARDIO OR STRENGTH TRAINING EQUIPMENT.** Youth under 15 years of age is not allowed in strength or cardio areas.
22. Spectators are not permitted on the track. Walkers and runners ONLY.
23. Walkers should stay on the inside part of the track as to let those who are running pass.
24. Members are permitted on the climbing wall during "Open Climb" times only.
25. Basketball shoes must be clean and hand-carried into the gym.
26. Basketballs can be checked out with your Rec Pass at the front desk.
27. Do all that you can to respect your fellow members and staff of the Community Center.

City of Goose Creek Recreation Department reserves the right to dismiss and/or suspend anyone who does not abide by these rules for an amount of time to be determined by Center staff.