

AGE RESTRICTIONS FOR ENTERING THE REC CENTER

- **Ages 3-7:** Must be directly supervised by an adult at all times, unless the child is participating in a Medina Rec program.
- **Ages 8-12:** Must be accompanied by an adult to the MCRC and the adult must remain in the facility at ALL times, unless the child is participating in a Medina Rec program
- **Ages 13:** May enter the facility independently at any time

BELOW ARE THE POLICIES FOR THE DIFFERENT AREAS IN THE FACILITY – PLEASE READ

There are specific age restrictions in each area.

FITNESS ROOM POLICIES

- * Patrons are responsible for knowing their own limitations.
- * Use equipment properly.
- * Proper fitness attire is required.
 - * No buttons, zippers, buckles or jeans.
 - * Must wear closed toe shoes: No work boots or sandals.
 - * Shirts are required.
- * Vulgar / abusive language will not be tolerated.
- * Wipe down all equipment before and after use.
- * Do NOT rest on machines.
- * Do NOT congregate in large groups in the Fitness Room.
- * Please rerack weights & return equipment to proper storage areas
- * Do NOT move any weight equipment to other areas of the facility.
- * There is a 30 minute time limit on all cardio machines.
- * No food or drink is permitted in the Fitness Room. Water, in a sealed container, is the only exception.
- * Always be courteous and respectful to others.
- * The use of electronic cigarettes/vaping devices is strictly prohibited.
- * Report any damaged equipment to management.
- * **We are NOT responsible for lost or stolen items.**
- * Users of the fitness room must comply with all instructions given by MRC Staff. Failure to comply with such instructions /policies may result in disciplinary action or removal.
- * ALL activities in the facility are recorded by surveillance.

AGE RESTRICTIONS

- * 9 Years & Under = Are NOT permitted in this area, for any reason.
- * 10-12 Years = Must be DIRECTLY supervised by a parent/guardian.
- * 13 Years & Older = Can responsibly use equipment.

Thank you for your cooperation!



TRAVERSE WALL POLICIES



If mats are up, please see front desk for availability.

- * **Weight limit per patron is 250 lbs.**
- * Climbers MUST be supervised at all times.
- * Climbers MUST wear closed-toe, athletic footwear.
- * Climbers must be in athletic attire and NO jewelry.
- * **Climbers MUST keep their feet BELOW the Red-Relief Line.**
- * Climbers may NOT climb over, under or around other climbers.
- * Climbers should climb down when ending their climb. NO JUMPING OFF!
- * Climbers should quickly leave the mats when finished climbing.
- * Do NOT climb on the wall when the mats are up.

(Policies for Monkey Cove: Jump & Play Island AND the Traverse Wall)

JUMP & PLAY ISLAND POLICIES

- * **Weight limit is 250 lbs TOTAL on the island.**
- * **NO shoes permitted!**
- * **Sock ARE mandatory!**
- * **NO horseplay!**



POLICIES



- * **Children 12 years and under must be DIRECTLY supervised by a parent or guardian at all times.**
- * **Patrons 13 years and older can responsibly use this area.**
- * **Users of Monkey Cove must comply with all instructions given by Rec Staff. Failure to comply with such instructions/policies may result in disciplinary action or removal.**

THANK YOU FOR YOUR COOPERATION.



MEDINAREC

TRACK POLICIES

- * Strollers are NOT permitted.
- * All walkers/runners are required to follow the daily directional arrows.
- * NO Sprinting! Rec Staff has the sole discretion of determining acceptable speed.
- * Stretching is allowed in designated areas.
- * Proper fitness attire is required
 - * MUST wear clean, closed toe shoes.
 - * Shirts are required.
- * NO food or drink are permitted on the Track. Water, in a sealed container, is the only exception.
- * Any type of athletic equipment is not permitted: basketballs, volleyballs, etc.
- * **We are NOT responsible for lost or stolen items.**
- * Users of the Track must comply with all the instructions given by the MRC Staff. Failure to comply with such instructions/policies may result in disciplinary action or removal.
- * ALL activities in this facility are recorded by surveillance.

CELL PHONE USAGE

- * It is NOT permitted to take photos/videos of other patrons!
- * It is NOT permitted to take phone calls in this area!

AGE RESTRICTIONS

- * 7 Years & Under = NOT permitted on the Track for ANY reason.
- * 8-12 Years = Must be DIRECTLY supervised by a parent/guardian.
- * 13 Years & Older = Can responsibly use the Track.



Thank you for your cooperation!



WEIGHT ROOM POLICIES



- * Patrons are responsible for knowing their own limitations.
- * Use equipment properly
- * Proper fitness attire is required.
 - * No buttons, zippers, buckles or jeans.
 - * Must wear closed toe shoes: NO work boots or sandals.
 - * Shirts are required.
- * Vulgar / abusive language will NOT be tolerated.
- * Wipe down all equipment before and after use.
- * Do NOT rest on machines.
- * Do NOT congregate in large groups.
- * Do NOT move the equipment.
- * Do NOT drop the weights on the weight room floor
 - * IT IS ALLOWED ON SPECIAL PLATFORMS
- * Please rerack weights and return equipment to proper storage areas.
 - * DO NOT LEAVE WEIGHT PLATES ON MACHINES.
- * NO food or drink is permitted in the Weight Room. Water, in a sealed container, is the ONLY exception.
- * Always be courteous and respectful of others.
- * Use of electronic cigarettes / vaping devices is strictly prohibited.
- * Report any damaged equipment to management.
- * **We are NOT responsible for lost or stolen items!**
- * Users of the Weight Room must comply with such instructions given by the MRC Staff. Failure to comply with such instructions/policies may result in disciplinary action.
- * ALL activities in this facility are recorded by surveillance.

AGE RESTRICTIONS

- * 9 Years & Under = Are NOT permitted in this area for any reason.
- * 10-12 Years = Must be DIRECTLY supervised by parent/guardian.
- * 13 Years & Older = Can responsibly use equipment.

Thank you for your cooperation!

FIELD HOUSE POLICIES



- * Court space is first come first serve, except facility rentals.
- * ALL court times are subject to change.
- * Vulgar / abusive language will NOT be tolerated.
- * NO food or drink is permitted anywhere in the Field House. Water, in a sealed container, is the only exception.
- * Clean, closed toe, athletic shoes are required (scuff-resistant).
- * Dunking/ hanging on the rims, nets or supports is strictly prohibited.
- * Full court games are NOT permitted when there is only one open court.
- * Rec Center Staff has the authority to stop a full court game.
- * NO baseball, softball, lacrosse, or frisbee permitted.
- * Cleats/spikes are NOT permitted.
- * Headphones MUST be used with all music devices.
- * Use of electronic cigarettes/vaping devices are strictly prohibited.
- * All personal belongings must be placed in a secured locker.
- * **We are not responsible for lost or stolen items!**
- * Users of the Field House must comply with all instructions given by the MRC Staff. Failure to comply with such instructions/policies may result in disciplinary action or removal.
- * ALL activities in this facility are recorded by surveillance.

AGE RESTRICTIONS

- * 7 Years & Under = MUST be supervised DIRECTLY by an adult.
- * 8-12 Years = Can use the Field House freely with a parent/guardian in the building.
- * 13 Years & Older = Can responsibly use the Field House.

Thank you for your cooperation.

SAUNA POLICIES

- * **MAXIMUM time limit is 10 minutes!**
Long exposure may result in nausea, dizziness or fainting.
- * Women who are pregnant, persons with high or low blood pressure, heart disease, diabetes or respiratory conditions should not utilize the sauna without first consulting a physician.
- * A towel, bathing suit or gym shorts MUST be worn at all times inside the sauna. (NO street clothes, shoes or boots!)
- * Patrons are NOT permitted to leave clothing in sauna to dry.
- * Hanging clothes/towels over the rocks is prohibited.
- * The use of razors, for shaving in the sauna, is prohibited.
- * Do NOT wear jewelry inside the sauna.
- * NO paper materials are permitted in the sauna (Newspapers, magazines etc).
- * NO food is permitted in the sauna!
- * **DO NOT PUT WATER ON THE SAUNA ROCKS - THIS WILL DAMAGE THE HEATING UNIT!**
- * **We are NOT responsible for lost or stolen items!**
- * Users of the sauna must comply with all instructions given by the MRC Staff. Failure to comply with such instructions/policies may result in disciplinary action or removal.

AGE RESTRICTIONS

ALL PARTICIPANTS MUST BE AT LEAST 16 YEARS OLD TO USE THE SAUNA- NO EXCEPTIONS!



Thank you for your cooperation!



POOL AGE POLICIES



- * Children 7 years and under must be **DIRECTLY** supervised by an adult, 18 years or older, at all times.
(Unless they are participating in a Rec Center program.)
- * All children 7 years and under and anyone in a lifejacket, **MUST** be within arm's reach of an adult, at all times.
- * Adults are required to be in the water and may not lap swim when supervising.
- * Children 8-12 years old may use the pool unsupervised. However, an adult **MUST** remain in the facility at all times.

Thank you for your cooperation.

Leisure Pool Policies



- * All swimmers are encouraged to take a shower before entering the pool.
 - * If you have used sunscreen, lotion or participated in any physical activity, you must shower before entering the pool.
- * Proper swim attire is required
 - Mermaid tail swim suits are **NOT** permitted!
- * Swim diapers are required for all non-toilet trained patrons.
- * Floatation devices are **NOT** permitted. (noodles, water wings, rafts, kickboards etc.)
- * Snorkles, masks, fins and swim toys are permitted, yet lifeguards may restrict the use.
- * Only Coast Guard approved lifejackets are permitted and the patron wearing the lifejacket must be within arms reach of an adult.
- * Horseplay is **NOT** permitted: running, dunking, pushing etc.
- * Diving is **NOT** permitted in the Leisure Pool. Feet first **ONLY**.
- * Persons with infectious conditions or contagious diseases are not permitted in the pool.
- * No food or drink is permitted in the Pool. (Water **ONLY**.)
- * Rest breaks may be called 15 minutes before each hour. **ONLY** patrons 18 years & older may remain in the water during breaks.
- * At the discretion of the lifeguard, any swimmer may be asked to demonstrate their swimming ability or challenge the swimmer's age to determine if they are able to use designated areas of the pool.
- * Users of the Leisure Pool must comply with all instructions given by the Aquatic Staff. Failure to comply with such instructions/policies may result in disciplinary action or removal.

Thank you for your cooperation.

RIPTIDE CURRENT CHANNEL POLICIES

- * The number of people allowed in the current channel will be determined by the lifeguard on duty.
- * **NO** sitting, standing, diving from or hanging on the wall.
- * **NO** jumping into the current channel from the deck.
- * Non-swimmers must be with a capable swimmer, who is not bobbing neck deep. The lifeguards will determine if the helping individual is a capable/experienced swimmer.



Thank you for your cooperation.



HOT TUB POLICIES



- * **DANGER- NO LIFEGUARD ON DUTY!**
- * The usage time is limited to 15 minutes. Long exposure may result in nausea, dizziness or fainting.
- * Women who are pregnant, elderly persons with high/low blood pressure, heart disease or diabetes should not utilize the Hot Tub without first consulting a physician.
- * Do **NOT** submerge head or face in the hot tub, due to extreme water temperatures.
- * Maximum occupancy is 10 people.
- * Temperature must be no higher than 104 degrees.
- * Do **NOT** use the Hot Tub while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or raise/lower blood pressure.
- * Please shower before using the Hot Tub.
- * Proper swim attire is required.

AGE RESTRICTIONS

- * Participants **MUST** be 16 years of age or older to use the Hot Tub. - **NO EXCEPTIONS!**
- * Children under 16 are prohibited from sitting on the steps, can not sit on the sides and are prohibited from putting their feet in the water.

Thank you for your cooperation.

MEDINAREC

JUNGLE COVE



POLICIES



- * No climbing, standing or sitting on the structure.
- * Horseplay is NOT permitted.
- * Do NOT throw anything in the dump bucket or on the roof.
- * Swim diapers are required for all non-toilet trained patrons.

LION SLIDE

- * Patrons are not permitted to go on the slide when the water is off. Jungle Cove must be operational to use the slide.
- * Only one rider is permitted at a time on the slide.
- * Patrons are NOT permitted to ride with children on their lap.
- * Must ride feet first at all times.
- * Patrons must exit the landing area immediately.
- * Lifejackets, masks, goggles and glasses ARE permitted.
- * NO sitting or climbing on the slide.
- * Swimwear with exposed zippers, buckles, rivets or metal ornamentations are not permitted.

AGE RESTRICTIONS

- * Children 7 years and under must be DIRECTLY supervised by a parent or guardian, 18 years or older, in the water.

Thank you for your cooperation.

THUNDER FALLS WATER SLIDE POLICIES

* State law requires that all riders MUST be 48" or taller to use the water slide!

- * The water slide is only open during designated times. (Refer to the pool schedule)
- * Masks, goggles or glasses are NOT permitted on the slide.
- * NO lifejackets are permitted.
- * T-shirts and swimwear with exposed zippers, buckles, rivets or metal ornamentation are not permitted.
- * Pregnant women, people with heart conditions or back trouble should NOT use the slide.
- * Only one patron on the platform at a time.
- * The splash down area must be clear before entering the slide.
- * Only one rider is permitted at a time. Patrons are NOT permitted to ride with children on their lap.
- * Riders MUST wait for the Lifeguard to signal when they can slide.
- * MUST be ridden feet first, lying on your back or in a sitting position with hands and feet kept inside the slide.
- * Diving into/off of, kneeling, changing positions, slowing down, stopping, forming chains or sliding down head first is prohibited at all times.
- * Catching children as they exit the slide is NOT permitted.
- * Patrons must exit the water immediately after sliding.
- * Swimming is NOT permitted at the bottom of the slide, when slide is in use.
- * The water slide may be closed at the discretion of the Staff.



Thank you for your cooperation.



COMPETITION POOL POLICIES



- * All swimmers are encouraged to take a shower before entering the pool.
 - * If you have used sunscreen, lotion or participated in any physical activity, you must shower before entering the pool.
- * Proper swim attire is required.
 - Mermaid tail swim suits are NOT permitted!
- * Swim diapers are required for all non-toilet trained patrons.
- * Floatation devices are NOT permitted. (Noodles, water wings, rafts, kickboards, etc.)
- * Snorkles, masks, fins and swim toys are permitted, yet lifeguards may restrict the use.
- * Lifejackets are NOT permitted, unless for a special event.
- * Horseplay is NOT permitted: running, dunking, pushing, etc.
- * Diving is only permitted by utilizing the diving boards or the wall where the diving boards are located. Feet first in all other areas.
- * Persons with infectious conditions or contagious disease are not permitted in the pool.
- * State law requires no public access to the starting blocks. They are for the swim team only.
- * No food or drink is permitted in the Pool. (Water ONLY)
- * Rest breaks may be called 15 minutes before each hour. ONLY patrons 18 years and older may remain in the water.
- * At the discretion of the lifeguard, any swimmer may be asked to demonstrate their swimming ability or challenge the swimmer's age, to determine if they are able to use designated areas of the pool.
- * Users of the Competition Pool must comply with all instructions given by the Aquatic Staff. Failure to comply with such instructions/policies may result in disciplinary action or removal.

Thank you for your cooperation.

Diving Board Policies



- * Patrons may only use the diving boards during designated recreational diving times.
- * The diving boards may be closed at the discretion of the Aquatic Staff.
- * Only one person is allowed on the board at a time and only one bounce is permitted.
- * Patrons must mount the board by using the ladder ONLY.
- * Patrons must jump straight off the end of the board.
- * Only forward standing dives are permitted.
- * Patrons must leave the board from their feet ONLY; NO handstands, cartwheels or seated take-offs.
- * Patrons must wait until the landing area is clear before entering the water.
- * Patrons cannot catch other patrons who are jumping off the diving board.
- * After entering the water, patrons must exit the pool at the nearest ladder or stairwell.
- * Hanging on the board is prohibited.
- * General swimming in the diving area is NOT permitted when the diving board is in use.
- * Masks, goggles or glasses can NOT be worn while using the diving board.
- * State Law prohibits patrons from adjusting the fulcrum.

Thank you for your cooperation.