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[www.city-saline.org/parks](http://www.city-saline.org/parks)

# SALINE REC CENTER

## RULES AND POLICIES

Saline Recreation Center (SRC) Rules and Policies were established to provide consistent guidelines for use and operation of SRC. Each guest (which is defined as a person admitted to the SRC due to membership, issuance of a day pass, or other written permission issued by the SRC) is responsible to learn, understand, and abide by our Rules and Policies. Failure to abide by the Rules and Policies may be cause for suspension or termination of all usage privileges associated with this facility. The City of Saline reserves the right to change policies in the best interest of the SRC operations. These policies will be posted and available upon request.

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## SECTION A: GENERAL RULES

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### Admittance to the Saline Rec Center

Admission to the SRC is a privilege open only to those who agree to comply with these Rules and Policies. Those who fail to do so may lose their SRC use privileges either temporarily or permanently. Those who choose to seek admission to the SRC are consenting to these Rules and Regulations and are agreeing to comply with them.

Guests are permitted to enter Saline Rec Center at opening time (not before) and must exit promptly at closing time. The pools and hot tub close 15 minutes prior to the building. Hours of operation are:

- Monday - Friday            5:30 a.m. to 10:00 p.m.
- Saturday                    6:00 a.m. to 6:00 p.m.
- Sunday                      6:00 a.m. to 6:00 p.m.

To enter, SRC guests must:

- have a current membership
- purchase a day pass
- be enrolled in a class or pay the class drop in fee
- check in as part of a group rental
- be an approved spectator, aide, or chaperone

Everyone is required to enter and exit through the front entrance, check in at the front desk and give their name to the reception staff. Other doors are for emergency use only. Failure to check in at the front desk may result in expulsion from the premises.

Children two years of age or younger are admitted free when accompanied by a paying adult.

Children must be ten years of age or older to enter and use SRC without direct adult supervision. Children under twelve years of age are not allowed on the second floor of SRC unless participating in a program or attending Kids Corner.

Class registration entitles a guest to participate in that particular class only. A registrant who is not a member must purchase a day pass to use any SRC amenity (such as pools, gym, and hot tub) before or after the class.

Spectators are allowed to observe classes and special activities in SRC without purchasing a day pass if:

- The spectator has checked in at the front desk.
- The spectator is considered an aide, or is supervising, assisting, or chaperoning a person in a scheduled class, program or activity in which the participant cannot attend without the aide's assistance.

### **Active Military Personnel on Leave**

Active members of the Armed Services, Reserve, or National Guard who have returned to Saline for no longer than 30 days for either leave or furlough, are eligible for free daily admission to SRC.

Eligibility: Saline Area School District residents who are active members of the U.S. Armed Forces, Reserves, or National Guard.

“Active Service” shall mean full-time or part-time status in one of the branches of the U.S. military forces. Inactive service status does not qualify.

Proof Required: U.S. Armed Forces Identification Card showing active status (Military ID) AND authorized leave of furlough orders.

## **General Facility Rules**

SRC is accessible. No person, because of his/her handicap, shall be excluded from participating in recreational activities. Specialized services directed toward the social, personal and physical development of the individual are provided for those persons needing special programming or assistance.

Please call the Parks and Recreation Director at (734) 429-3502. Saline Parks and Recreation complies with Americans with Disabilities Act (ADA) regulations and guidelines.

SRC has the right to reserve or restrict the use of any area of SRC for any reason such as classes, and special events, and certain areas or all of SRC may be closed at any time for maintenance and repairs. Advance notice will be given when possible.

Unauthorized use of recording devices of any kind is prohibited in any area of the SRC.

Smoking is prohibited within the SRC and within 20 feet of the building. The use or possession of alcoholic beverages or liquor, illegal drugs, or other controlled substances is prohibited on SRC property. Persons found using, possessing or under the influences of such substances will be denied admission and may be reported to law enforcement personnel.

Open flames such as lit matches, lighters, candles, sterno, etc., are not permitted in the SRC.

Removal of SRC property from the building is prohibited.

Search of personal belongings – SRC staff shall have the right to search all bags and personal belongings on the premises. Anyone refusing to submit personal belongings to such a search when requested or who interferes with such a search may be refused admission, required to leave or barred from further admission to or use of the SRC.

Children are expected to be picked up promptly upon building closing time or conclusion of program.

Guests may use SRC's athletic equipment such as racquets and balls, free of charge. The person checking out the equipment is responsible for its return.

No person shall use SRC premises or equipment for private gain.

Instruction of any kind including personal training, unpaid instruction, and unauthorized coaching inside SRC or anywhere outside on the Tefft Park property, by anyone other than SRC employees or independent contractors is strictly prohibited.

Pets or animals of any kind, with the exception of service animals, are not allowed in SRC. Please contact the Saline Parks & Recreation Director at (734) 429-3502 if special accommodations are required.

Comments and suggestions are always welcome to assist the Parks and Rec staff in making positive changes. Comment cards are available at the front desk.

New member consultations are available in 15-30 minute increments. Contact the front desk to schedule an appointment. Fitness Room orientation classes are available and recommended.

### **Exercise Precautions**

The following precautions should be considered before beginning an exercise program or effort:

- Use of the SRC is at the risk of the user.
- Guests are encouraged to consult a physician prior to engaging in an exercise program and limit activities taking into account physical condition and skill level.
- Refer to the instruction placards when using all exercise equipment.

- The City of Saline and SRC staff are not responsible for injuries or damages which may occur on or about the premises of SRC.
- To earn authority to use Nautilus and cardio equipment without a parent or guardian present, youth ages 12-15 are required to attend and successfully pass a fee based orientation class.
- Youths will receive a card to carry with them to prove they are authorized to use the equipment.

### **Guest Conduct**

Guests are expected to be courteous towards others and follow SRC rules and regulations. The following actions are prohibited and may be cause for suspension or termination of facility use privileges and/or legal prosecution:

- Harassment, intimidation, or similar action towards SRC staff or SRC users.
- Vulgar, obscene, abusive, derogatory, taunting or demeaning comments or gestures.
- Destructive or dangerous behavior towards people, equipment or facilities.
- Violation of common law or any applicable laws, ordinances, rules or regulations.
- Theft, attempted theft, taking control over or possessing another person's property without their permission, destruction or damages to another person's property.
- Public display of affection.

The City of Saline and SRC will not tolerate sexual harassment, including but not limited to, any unwarranted or repeated verbal or physical sexual advances, sexually explicit, provocative, or suggestive statements.



## **Dress and Hygiene**

Appropriate dress is required at all times. All clothing must exhibit good taste and contain no obscene or offensive words or pictures.

Guests must wear a shirt, shorts or workout pants, and shoes while using the facility, including the gymnasium and the weight room. Shoes must be clean and free of dirt before entering the work out facility. Use of separate gym shoes is encouraged.

Swimsuits are required in the pools and swim attire shall be suitable for public use. Men/boys' swimsuits must have a sewn in liner. Street clothes, cut-offs and athletic apparel are not allowed in the pool.

Wearing wet clothes outside of the Aquatic Center and locker rooms is not permitted. Guests must be fully dressed and wearing footwear before leaving the locker rooms, and are encouraged to bring a dry change of clothes to wear.

Personal hygiene shall not be offensive.

## **Fire and Other Emergency Evacuation**

- In the event of fire, pull the fire alarm.
- Exit the building through the nearest exit and proceed to a safe area at least 100 yards from the building.
- Emergency evacuation plans and shelter areas are posted in each room.
- Do not use the elevator.
- Follow instructions from SRC staff.
- Keep away from entrances and drives where emergency vehicles will be located.
- Do not re-enter building until authorities permit you to do so.

## **Inclement Weather**

Severe weather conditions may require actions necessary to ensure guests' safety.

During a tornado "watch", SRC staff will monitor local radio stations and maintain communications with Saline Police Department. All activities will continue as usual during a "watch".

During a tornado "warning", SRC staff will suspend or cancel all activities and monitor local radio stations and/or maintain communications with the Saline Police Department until an "all clear" is issued.

- Do not use elevator
- Avoid upper level and glass areas
- Go to the multipurpose room
- Guests 18 years+ may leave at their own risk
- Guests age 17 years and younger are required to remain unless accompanied by their parent or adult guardian
- Children in Kids Corner will be taken to the multipurpose room

Every attempt will be made to maintain normal operations during extreme snowfalls and ice storms. Scheduled classes and programs may be delayed or cancelled.

Every effort will be made to contact registrants if classes are delayed or cancelled. For up-to-date information on opening delays, building closure or cancellations, call 734-429-3502 to listen to a recorded voice message, check updates on Facebook, or read notifications in local media outlets.

## **Accidents and Injuries**

911 will be called in an emergency situation.

Lifeguards and some staff are CPR and AED certified.

The City of Saline is not responsible for accidents or injuries arising from activities and use of the facility or equipment at SRC.

There are two AED (Automated External Defibrillator) machines. One is located on the wall between the reception desk and the racquetball court, and the other is in the Aquatic Center. The use of AED machines is limited to trained staff.

First aid for minor injuries is available at the front desk or the pool office. Supplies such as ice, band-aids, gauze, rubber gloves are available at the front desk. These items shall be self-administered.

SRC staff will not provide transportation for an injured guest.

All accidents and injuries requiring assistance will be documented in an Accident Report. Everyone who receives first aid is required to complete an Accident Report with SRC staff regardless of the extent of the injury.

### **Food & Beverage Policy**

Spill proof, unbreakable containers with water only are allowed in activity areas (gym, fitness rooms, aerobic studio, pool, racquetball court, and locker rooms).

Food shall not be consumed in the activity areas (gym, fitness rooms, aerobic studio, pool, racquetball court, and locker rooms). Food is permitted in the lounge and designated rooms during facility rentals.

Guests are expected to use waste receptacles for disposal. Report accidental food and beverage spills immediately.

Gum chewing is not permitted in the building.

Report money lost in the vending machines to front desk staff.

## **Lost & Found**

Saline Parks and Rec is not responsible for loss, theft or damage to guests' personal or valuable property such as keys, wallets, phones, bags, purses, or electronics.

Front desk staff is not permitted to store personal items. Do not bring valuables in to SRC. If a theft occurs, it is the patron's responsibility to file a police report with the Saline Police Department.

Lost & Found is located in the main hallway area for general items such as bags, towels, and clothing. Unclaimed items are stored for no longer than ten days, and then donated to a local charity.

Lost valuables such as jewelry, phones, electronics, and keys are stored at the front desk or in the safe then sent to Saline Police Department. Personal care items may be discarded immediately.

## **Bulletin Boards/Literature Racks**

Locally based groups/organizations requesting to display promotional materials for special events that are open to the general public may submit items to the facility manager.

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## SECTION B: MEMBERSHIP

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### Membership Definitions

#### Resident Definition

A resident is considered anyone who lives, works, or owns property within the Saline Area School District. .

#### Age Definition

- Child – 3 - 17 years of age
- Adult – 18 - 59 years of age
- Senior – 60 years of age or older

#### Family Definition

Those persons living together as parents/guardians and those claimed on their income tax as dependents. SRC may ask you to show a copy of the previous year's income tax forms to verify dependent status.

#### Couples Definition

Two adults who live in the same household; must show proof at time of application.

#### Family Extension Plan

A family extension plan may be purchased at an additional cost of \$50/person and may include grandparents, extended family, nannies, au pairs, exchange students or anyone else residing in the same household who is *not* claimed as a dependent on income tax. Family extension plan applications must be approved by SRC administrative staff. Extensions are not prorated.

## **Membership Information**

When applying for a membership, guests are required to show their driver's license, a utility bill, voter's registration card, tax forms, or pay stub to receive the resident rate.

Falsifying information on membership applications, using a membership that is not your own, or allowing someone to use your membership, are all cause for disciplinary action, which may result in expulsion from the facility and revoking of the membership.

Annual members receive discounted rates on activities as advertised in the brochure.

Annual members are eligible to take approved land fitness classes for free.

Photos will be taken of all members using the photo ID entry system.

If a child is two years of age or younger, the parent must have an annual membership for the child to receive the member rate on swim lessons. Children three years of age or older must have their own individual membership or be included on a family membership.

## **Membership Refunds**

There shall be no refunds, transfers or pro-rations on prepaid membership purchases except for relocation or medical reasons and written documentation must be submitted to the Parks & Rec Director in advance.

Approved membership refunds will be prorated for the remainder of the contract, calibrated in full months and a \$25.00 refund fee will be deducted from the refund.

Memberships paid using recurring billing will continue to be in effect and billed after the 12 month contract is complete. To cancel, a

member must provide a written cancellation request to Saline Rec Center at least 30 days in advance of the cancellation date.

### **Temporary Membership Freeze**

Members who have a prepaid annual membership may request to have their membership placed on hold or “frozen” by completing a membership freeze form in advance of the freeze, and paying a \$10.00 processing fee due at the time of the request.

Freezes are subject to approval of the Parks & Rec Director.

A temporary relocation freeze may be honored for a minimum of two months and a maximum of six months, but only one occasion per year.

Memberships using recurring billing may not be placed on hold or “frozen” at any time.

### **Medical Freeze**

A medical freeze for members suffering a medical condition precluding use of the SRC may be honored for a minimum of one month and a maximum of six months. In some circumstances we may require written authorization from a physician indicating the member’s inability to use the facility.

Freeze requests should be made prior to the event and are subject to approval from the Parks and Rec Director. SRC may require physician’s authorization for a member to resume using the facility.

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## SECTION C: CLASSES, PROGRAMS, EVENTS

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### Registrations

Class, program and event registrations are accepted on a first come, first served basis. All registrations must be paid in full at the time of registration. Class fees are not prorated.

### Registration Methods

Online: [www.salinerec.com](http://www.salinerec.com) , Phone-In: (734) 429-3502, ext. 0

Walk In: Saline Rec Center / 1866 Woodland Drive / Saline, MI / 48176

### Payment Methods

Cash; credit cards: Visa, MasterCard, Discover with security number; personal checks made payable to City of Saline.

City policy requires a valid driver's license number or other ID number on the check. There is a \$28.00 fee for all returned checks.

### Classes, Events, and Programs Cancellation

**When SRC Cancels a Registration** - A minimum enrollment may be required to begin or continue an activity. SPR reserves the right to cancel an activity based on insufficient enrollment or other conditions beyond our control.

Every effort will be made to promptly notify registrants of program cancellations. When SRC cancels a program, registrants will receive a refund or credit on a Rec Center account.

If a class or program has already started, the refund or credit will be prorated. If a class is cancelled for one date only, a makeup will be scheduled or a credit placed on a Rec Center account only.

**When a Registrant Cancels a Registration** – To receive a refund on cancellation for a program/event, or class enrollment, guests are



required to complete and submit a Refund Request Form. If you do not submit a refund request, you will not receive a refund.

When applying for a refund or credit on account after the start date of a class or program, the refund will be prorated regardless of your attendance. No refunds will be given after the conclusion of a class or program.

## **Refunds**

Credit card refunds take 2-3 business days to process and will be credited back to the card used.

Cash and Check refunds take 4-6 weeks to process; a refund check will be mailed directly to your home.

A \$10 administrative fee is deducted from the refund amount. A \$25 administrative fee for Kids camp full week registrations is deducted from the refund amount.

Credit on your Rec Center account takes 2-3 business days to process. Your credit will be stored on the Rec Center computer system and may be used for any future class, program or daily pass for any member of your family.

Credits expire two years after date of issue. Credits on account may not be used with online registration. A \$1 administrative fee is deducted from the refund amount.

## **Applying for a Refund**

When applying for a refund after the start date of a program/event or class (other than swim classes and Kids Camp) the refund will be prorated regardless of attendance based on the date you submitted the request. No refunds will be given after the conclusion of the class/program/event.

If SRC facility closes due to unforeseen circumstances, daily pass holders that are affected by the closure will be issued a token to use for a daily membership another day.

### **Swim Lesson Refunds**

Prior to the second class you may transfer or cancel a class subject to normal cancellation fees. After the second class there will be no refunds or transfers on swimming lessons regardless of attendance unless there is a documented medical excuse in which case you will be removed from the remainder of the session.

Refunds will be prorated and subject to normal cancellation fees. There are no makeup classes unless the Rec Center has to cancel a class.

### **Kids Camp and Fun Day Refunds**

You must notify SRC prior to 9 pm the Friday before the start of camp if a camper needs to be taken out of camp and a refund issued for that week.

After 9 pm on Friday, there will be no refunds issued on weekly or daily registrations. There is a \$25 administrative fee assessed per child for weekly registration refunded, and a \$10 administrative fee for each daily registration refunded.

Refund requests submitted one week or more prior to the start of the camp week have the option of placing the refund amount on account for a \$1.00 fee.

No refunds will be given on lost or stolen punch cards.

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## SECTION D: AQUATIC CENTER RULES

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### **General Aquatic Center Rules**

No swimming is permitted unless a lifeguard is on duty.

An adult must accompany children under ten years of age and the adult must remain in the aquatic center at all times.

All children under 42 inches tall must be accompanied by an adult who is in the water within arms' reach of the child at all times.

All flotation devices including life jackets must be U.S. Coast Guard approved. Inflatable arm bands, swim aids, baby boats, etc., are not allowed in the pool. Guests using lifejackets must be directly supervised at all times and may not enter deep water without an adult in the water within arms' reach with them.

Guests are responsible for recognizing their own limitations and acting in the best interest of their own safety.

Lifeguards are authorized to enforce any rule or use conditions, either written or unwritten, to ensure the safety of guests and staff.

SRC staff reserves the right to deny use of the pools to anyone at any time.

Guests should not visit or engage in unnecessary conversation with lifeguards while they are on duty.

Guests are required to take a soap shower before entering the pools or spa. Lifeguards are authorized to refuse pool use to guests who have not showered.

Persons with infectious or communicable diseases or open sores may not use the pool or spa.

Do not enter the water if you have had diarrhea or a contagious disease in the past two weeks. Band Aids must be removed and disposed of properly before entering the water.

For everyone's safety:

- Do not enter water if you are ill with diarrhea
- Diaper aged children must wear swim diapers
- Change diapers only in the restroom
- Do not drink the pool water
- Take frequent restroom breaks
- Wash hands after using restroom or changing diapers

Saline Parks and Recreation classes have priority use of the pools. Use of specific areas of the Aquatic Center may be restricted due to SRC programming.

Children who are not 100% toilet trained must wear a tight fitting swim diaper under their swim suit. Regular disposable diapers are not allowed. Swim diapers may be available for sale at the front desk. Swimsuits are required to be worn in the pools.

Street clothes, cut-offs and athletic apparel are not allowed in the pool. Men/boys' swimsuits must have a sewn in liner.

Street shoes are not allowed on the pool deck. This is for sanitary reasons and the safety of all swimmers. Pool sandals or Crocs may be worn on the pool deck.

Diving is allowed in the deep end of the lap pool only. Front dives only. Flips, twists, backward or inward dives are not permitted.

Starting blocks may only be used with permission from aquatic staff.

Lap lanes are available for continuous lap swimming only. Circle swimming will be necessary when there are more than two swimmers in a lane. Be courteous to other swimmers as lane sharing will usually be necessary.

No running, pushing, wrestling, rough play, dunking, throwing other swimmers, riding on shoulders, foul language, spitting, pollution of the water, hanging on pool dividers/lane lines or any other behavior which would distract the lifeguards from maintaining a safe environment.

Use of equipment is limited to lap swimmers. Equipment must be used properly and returned to its storage location after use. Fitness equipment is for adult use only. Pool noodles are not to be used by weak or non-swimmers in deep water.

Towels and swim gear are allowed in the aquatic center. Store towels, small bags, and non-valuable items in the cubbies adjacent to the Cabana. All other belongings must be stored in the locker room. Always use a lock on lockers.

No hypoxic training or prolonged breath holding.

In the event of severe weather, guests may be asked to leave the Aquatic Center. SRC staff will provide safety instructions to guests.

Food, drinks, gum, and glass containers are not permitted in the Aquatic Center. Only spill proof plastic bottles containing water are permitted.

The patio is available for use, weather permitting. Patio doors are not a building entrance or exit and are to be used only in an emergency. Food and drinks in plastic containers are permitted.

Deck chairs are available for guests' use. Shower before re-entering the pool. Smoking is prohibited.

Special needs in regards to social, personal or physical issues may be discussed in private. Contact the Parks and Recreation Director at 429-3502.

### **Deep Water Test**

The deep water test consists of comfortably and confidently swimming 25 yards (one length of the pool) freestyle or breaststroke with face in the water and treading water for one minute without the head submerging.

Guests under the age of 16 years of age may be required to pass the deep end test before swimming in the lap pool.

Guests 16 years and older are permitted to use the lap pool without passing the deep end test. However, lifeguards may request any patron (regardless of age) to take and pass the test before using the lap pool.

### **Hot Tub Rules**

Children under 14 years of age are not permitted in the hot tub.

There is a 10-15 minute time limit for anyone using the hot tub.

Pregnant women, elderly persons, and persons suffering from heart conditions, diabetes, high or low blood pressure, or any other health condition, should not enter the hot tub without prior permission from their doctor.

Do not submerge your entire head in water.

Warning: Long exposure may result in nausea, dizziness or fainting.

Maximum water temperature is 104° F.

## **Aquatic Center Special Attractions**

### **Inflatable Volleyball**

- Do not stand or jump on the inflatable.
- Do not hang on the security ropes.
- Keep away from the side of the pool.
- No jumping, stepping or crawling onto the inflatable from the side of the pool.

### **Tot Slide**

- Must be under 48 inches tall to use.
- Only one person at a time permitted on slide.
- No zippers, metal buttons or snaps on clothing.
- Must ride feet first while sitting upright.

### **Diving Board Rules**

- Guests must pass the deep water test to use the diving board in the lap pool.
- The diving board is not to be used unless a lifeguard is stationed at the board.
- One person on the board at a time. No one on the ladder until the diving board is cleared.
- Do not dive until the previous diver has cleared the area below the board and has reached the side.
- Dive in a forward direction only. No flips, twists, somersaults, back or inward dives.
- No running or horseplay on the diving board.
- Only one bounce on the diving board.
- Swimmers must stay out of the diving area while the board is in use.
- The fulcrum must stay in the forward-most position.

### **Inflatable Turtle Rules**

- Do not climb on the ropes.
- Never swim under the turtle.
- No pushing or shoving.
- No standing on the turtle.
- Feet first off the side.
- You may play on the turtle only if you can comfortably stand on the bottom of the pool or are a confident and competent swimmer.
- Absolutely no weak or non-swimmers unless they are accompanied by an adult who is in the water within arms' reach.
- No other toys allowed near the turtle.

### **Inflatable Pirate Ship Rules**

- Do not climb on the ropes.
- Never swim under the pirate ship.
- No pushing or shoving.
- You may play on the pirate ship only if you are a confident and competent swimmer.
- Absolutely no weak or non-swimmers unless they are wearing a lifejacket AND are accompanied by an adult in the water.
- Feet first off the side and down the slide.
- No other toys near the pirate ship.

### **Floating Toy Rules (inner tubes, fish mat, flat water rolls, etc.)**

- Sit or lay on them, do not stand on them.
- Keep them away from the edge of the pool.
- You may only use them in areas of the pool that are no deeper than shoulder depth. Deeper areas of the pool may be used if



you are a confident and competent swimmer or accompanied by an adult who is in the water within arm's reach.

- Do not drag toys across the pool deck.
- Maximum of two kids per toy at a time.
- Do not try to jump from the pool deck to the toys.
- Do not try to dive through the hole of an inner tube.

## **Cabana**

The Cabana is open for guests to use when it is not reserved for parties or meetings. The room is equipped with tables and chairs, toys and games.

Looking for a fantastic place to have a pool birthday party? Look no further than the Cabana Party Room at the Saline Rec Center. For more information visit:

<http://www.cityofsaline.org/?module=Page&slID=birthday-parties>

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## SECTION E: LOCKER ROOM RULES

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### **Family Locker Room**

The family locker room is located in the aquatic center. Access to the locker room is through the pool walkway.

- Use is reserved for parents/guardians with opposite gender children ages 5-9 and those who require ADA accessible facilities or special accommodation.
- All other guests must use their respective locker rooms.
- Use changing rooms quickly as other guests may be waiting.
- Don't leave belongings in changing room; use lockers and lock them every time.
- Guests must be fully dressed in the public use area of the locker room.

### **Men's and Women's Locker Rooms**

Boys and girls age five and older must use their gender appropriate locker rooms or family locker room.

SRC is not responsible for lost or stolen items. Lockers are available on a "first come, first served" basis. Bring your own lock.

No cameras, cell phones or any other devices capable of taking still and/or video pictures shall be allowed in any locker room, changing room or restroom.

No running, rowdiness, food or drink.

Water in plastic spill proof containers is permitted.

Dry off in the shower area before entering the locker area.

Guests must clean up all powder, baby oil, etc. spills.

Notify a building supervisor or the front desk staff immediately if you witness any unusual activity such as theft, unruliness, etc. in the locker rooms.

Locks are not allowed on lockers over night. All locks left on lockers over night will be cut off and all items will be placed in the Lost and Found.

Turn showers off after use.

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## **SECTION F: AEROBIC STUDIO RULES**

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Children are not allowed in the aerobic studio.

Report damage to fitness instructor or front desk staff.

Plastic water bottles only are permitted.

Personal items are not allowed in the aerobic studio. Use a locker with a lock.

Guests must wear appropriate clothing and footwear; only non-marking sole shoes.

Wipe off equipment after each use. Wipes are located on the aerobic studio wall.

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## SECTION G: FITNESS ROOM RULES

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Exercise/lift at your own risk.

Guests must be 16 years of age or older to use the fitness equipment in the cardio and nautilus fitness room with this exception: youth from 12-15 years of age are allowed to use the equipment when accompanied and supervised by a parent or guardian. Or they may take and pass a fee-based class that qualifies them to use the equipment without parent or guardian in attendance.

Guests must be 16 years of age or older to use the free weight room.

Youth ages 12-15 are NOT permitted to use free weights at any time.

Strollers, baby carriers and children are not allowed in any of the fitness areas.

Proper use of fitness equipment is expected. Observe instruction placards on the equipment. If you require further assistance, please ask at the front desk. Fitness room orientation classes are available and recommended for all new guests.

Sign up boards for the cardiovascular equipment are posted on the wall. Write your name on the appropriate board and pay attention to your turn. Cross your name off the list just before using the machine.

There is 30-minute time limit on all cardiovascular equipment. If there is no one waiting (signed up on the board) when the 30 minute time expires, you may continue using that equipment for an additional 30 minutes. Be aware and considerate of others waiting to use the fitness equipment.

No foul language or disruptive behavior.

Only water in plastic spill proof containers is permitted.

Store personal belongings in locker rooms or coat cove.

Guests must wear appropriate clothing and footwear.

Wipe off equipment after each use using the wipes that are located in each weight room.

Do not drop or bang weights.

Re-rack weights.

Use equipment for intended purpose only.

Chalk use is not permitted.

Televisions located in the fitness area have an FM transmitter with preset stations tuned to a sports channel, local news, and national news that require personal FM radios to hear. To request a channel change, see the front desk.

Headphones are required for all personal music devices.

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## SECTION H: GYMNASIUM RULES

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Guests must wear a shirt and appropriate footwear at all times. Separate work-out shoes are encouraged. Clean, dry, non-marking, athletic shoes must be worn at all times.

No food in gymnasium.

Only water in plastic spill-proof containers is permitted.

SRC is not responsible for personal belongings that are lost, stolen or damaged. All personal belongings must be stored in a locker and locked.

Do not leave anything on the track or gym floor. Do not stand or sit on the track.

Hanging from the nets, rim or backboard, dunking, spitting, gum, fighting, foul language, unsportsmanlike behavior is prohibited.

Full court basketball is allowed in Gym A only. If the dividing curtain is down for a league or other activity, full court basketball is not allowed.

Any guest who is bleeding must stop play and report to the front desk for First Aid and for appropriate clean up.

Gym doors are alarmed emergency exits only. Letting someone in through these doors is not permitted. Letting someone in through these doors is not allowed. Both parties involved in this act will be asked to leave and will be suspended from the facility.

SRC classes and events take priority of gymnasium use. The gym schedule is posted outside Gym A on the bulletin board. Events that affect the normal use of the gym will be posted with as much notice as possible.

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## SECTION I: KIDS CORNER RULES

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Kids Corner is a drop-in child care service for ages two months to nine years.

Capacity: 20 children total in the room; two infants per attendant.

Parents are required to remain in the building when their child is attending Kids Corner, with the exception of using the tennis courts which are directly visible from Kids Corner.

To qualify for free child care the child who is attending Kids' Corner must be a current member on a family membership, have an individual youth membership, or be under the age of 3 and accompanied by a parent or guardian who has a membership.

Non-members and daily pass holders do not qualify for free child care and must purchase a single use pass or punch card at the front desk.

On the first visit to Kids Corner, a child information sheet must be completed and on file. Update information when it changes. Follow policies in the Parent Handbook.

Parents are required to report all contagious diseases to the Kids Corner Supervisor.

Parents must sign their child(ren) in and out of Kids Corner.

If an adult who is not listed on the emergency card leaves a child in Kids Corner both parties must complete a waiver beforehand.

Kids Corner staff will not change diapers, clothes or assist in toilet training. If the child needs any of these, the parent will be contacted promptly.

Diapers are to be changed on the changing table in the bathroom only.



Children are not permitted to have bare feet in Kids Corner.

Drinks and bottles must be in plastic spill-proof containers. Peanut-free snacks and drinks are welcome.

Label all belongings.

In the event of a tornado warning, children will be taken to the multi-purpose room. In the event of a fire or emergency evacuation children will be taken to the tennis court on the east side of the building where parents should meet their children.

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## SECTION J: RACQUETBALL RULES

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Only clean, dry court shoes are permitted; no street shoes allowed.

Everyone must pay the court fee, except league players during racquetball league games.

The racquetball court is available to rent by the hour on the hour. All reservations must be paid for at the time they are scheduled. Warm up time is included in the hour fee.

Reservations are non-transferable and non-refundable.

Reservations will be held for 15 minutes past the scheduled court time, and then cancelled if no one has shown up.

Limit of four people playing racquetball and 12 playing Wallyball on the court.

Racquetball court is limited to racquetball and Wallyball. Any other use of the court must be pre-approved by SRC staff.

Eye protection is strongly recommended for your safety and is required for league play.

Wallyball set up and take down time is included in the Wallyball rental hour.

Saline Parks and Rec reserves the right to cancel and reschedule court times as needed.

Approved by Saline  
City Council, January, 2014.