

Rules and Regulations

Prior to using the facility, individuals must register and read and sign our liability statement.

**The main entrance is the only entrance to be used by all facility users.
No exterior doors are to be propped at any time.**

- Log-in at the front desk before using the facility.
- Do not bring valuables into the building.
- Exercise at your own risk.
- Do not drop weights on the floor.
- Do not rest dumbbells on bench pads.
- Do not bang dumbbells together while lifting.
- Chalk and powder are not permitted at any time.
- Rack users are to use spring collars and encouraged to exercise with a partner.

- **Age Guidelines & Adult Supervision**

Members and guests age 14 and older are permitted full use of the MEAC.

All facility users under age 18 cannot exceed three hours of building usage.

*Any youth under age 14 must be accompanied by an adult (age 18 or older).

The accompanying adult can be responsible for up to six individuals under age 14.

The adult and child(ren) are to come into the facility together.

If there is any misbehavior, the adult and child(ren) will be asked to leave.

- **Cardio & Weight Training Room Restrictions**

Only individuals age 12 and older are permitted in the Cardio & Weight Training Room.

Please respect our goal for a safe environment around potentially dangerous equipment.

It is encouraged that users participate in a Facility & Equipment Orientation.

- **Track Use**

The three-lane track is to be free of backpacks and other such items, as well as loitering.

Please be considerate of those wishing to utilize the track worry-free of trip hazards.

- **Cardio Time Limit**

During busy times or when others are waiting, please limit use of the cardio equipment to 20 minutes.

- **Rack Your Weights**

As a courtesy, when using free weights (or other movable equipment), please return pieces to their proper places at the end of your workout – making sure to strip barbells and return plates to storage racks.

- **Circuits and Linger on Equipment**

If you intend to perform more than one set of repetitions on a machine, please allow others to work in between your sets. Be mindful to not interfere with another's routine by lingering too long on any one piece of equipment.

- Proper Attire & Hygiene

Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate allowed. Shirts must be worn at all times. Non-marking, closed-toe athletic shoes must be worn on the court, on the track, and in the cardio and weight training area. Please be courteous to others by observing proper regular hygiene and limiting use of perfumes and sprays.

- Equipment Sanitation

Please wipe down cardiovascular and weight training equipment when finished using. Wipes are provided throughout the room.

- Report Malfunctions & Concerns

Facility users should report any facility malfunctions, including fitness equipment mishaps, and specific concerns immediately to a MEAC staff member.

- Accidents & Injuries

All cases of accident, injury, or unusual incidents should be reported to a staff person on duty.

- Food Restrictions

Closed water bottles and sports drinks are permitted. Protein shakes, juice, and food items are not permitted in the gymnasium or in the training areas.

- Towel Service

Towels are provided for use by facility members only. Please assist our staff by depositing soiled towels in the appropriate bins. Towels are not to be taken out of the building.

- Changing Rooms & Showers

The changing rooms and showers (one for each gender) have lockers and are for all ages.

*No photo capturing devices of any kind are to be used while in a locker room.

- Personal Property

The MEAC is not responsible for lost, stolen, or damaged items. Please secure your items in a locker. Locks can be obtained at the reception desk. Cubby-hole storage is available in the Reception. *Note: The Receptionist is not responsible for the items placed in a cubby-hole.

- Filming & Posting

Any picture or video related to capturing a person's appearance must have approval of the appropriate staff members. Violators will be subject to disciplinary action. Individuals may only post appropriate items consistent with the mission of the MEAC and MLSD.

- Cell Phones & Music Devices

If talking on the phone inside the MEAC, please keep it quiet and brief.

No texting is allowed when attention needs to be directed to the equipment you are using.

Headphones must be connected to any music device.

Again, no photo capturing devices of any kind are to be used while in a locker room.

- TV Monitors

TV monitors are to be left on mute at all times. Please be mindful when changing channels – check with those around you. Channels may be changed with the remote, which is located at the reception desk.

- Personal Trainers

The MEAC offers *training assistance* for members. Use of non-MEAC employees is prohibited within our facility unless authorized by the facility coordinator.

- Announcements

Any important messages will be posted in the reception area and on our website.

*For inclement weather cases, please check our webpage or call the reception desk.

- Programming

Programs being offered will be posted on the tack board and on our website. Please direct any questions or concerns to a MEAC staff member or call the reception desk.

- Guest Access

A one-day Guest Pass is \$5 with completion of a guest registration form. Guests must comply with all rules and regulations of the facility. Those under age 18 must have parental/guardian consent on his/her registration form. Passes can be obtained at the reception desk.

- Disability Access

Individuals with a disability, who may need accommodation, should contact the MEAC reception desk in advance.

- Parking

No parking spaces are to be created outside of designated spaces. Accessible spaces and fire lanes are to be respected.

- Visitors

To maintain the safety of all facility users and to ensure that no unauthorized persons enter the building, all visitors must first report to the reception desk to receive authorization to travel through the facility.

All participants and spectators of school programs and athletic events are expected to abide by all applicable laws, local ordinances, Board policies, and District and building regulations pertaining to public conduct on District property.

- Animals

Unless granted permission from administration, the MEAC only permits the use of service animals for those individuals with qualified disabilities.

- Lost & Found

The MEAC is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. All items found will be kept for at least 30 days before being donated for charitable purposes.