



Fitness Room Guidelines & Rules

Fitness Room Age Guidelines

- Ages **3-12** are allowed in the child play area located in the fitness room.
- Ages **9-12** welcome on **Cardio Equipment (except for treadmills & Stair master)** with a parent or guardian over 18 years old, monitoring the child while on equipment.
- **Ages 13-15 welcome on treadmills and stairmaster with parent/guardian supervision.**
- Ages **13-15** are welcome to use the **Weight Equipment & Weight Machines** with a parent/guardian monitoring use or personal trainer.
- Ages **16-17** welcome to enjoy all amenities alone
- Unsupervised 24/7 Access: **18+ yrs.**

Proper Attire

- Proper, freshly laundered gym attire is required.
- No clothing which contains rivets, hooks, studs, or zippers (for example, jeans).
Exception: Indoor Walking track.
- Shirts must cover the chest, stomach, and back. Cut off t-shirts with large openings, crop tops, and sports bras without shirts covering are not allowed in the fitness center.
- Closed toe, athletic shoes must be worn at all times, flip-flops, aqua shoes, sandals, bare or stocking feet are unacceptable in the fitness center.

Rules and common courtesies

- Please be courteous to others waiting to use equipment—if you see people waiting, allow others to participate
- Please clean equipment with provided disinfectant after EVERY use
- Please return all equipment to its proper place after use.
- Please wear clean, closed-toe and non-marking shoes. Socks and barefeet are not allowed.
- Food and drink (other than water in a plastic bottle) is not allowed

Safety

- Deadlifting is only permitted on the deadlift platform.
- All bags and personal belongings must be placed in cubby holes or in a locker. These items can be seen as a potential tripping hazard. Any items seen laying around on the ground will be picked up by a staff member and placed in the lost and found



24/7 Access Guidelines

Age Requirements

- 24- hour access will only be granted to those who are ages 18 and older. Members violating this policy will lose membership privileges and no refunds will be given.

Guest Policy

- Guests are only allowed in the building during regular business hours when an RFCC staff member is on duty. No guests are allowed outside the times listed above. If a member is caught bringing guests in the building after regular business hours they will lose their membership privileges and no refunds will be given.

Key Fobs

- Everyone wanting 24-hour access will be required to have their own key fob for entry into the RFCC during non-business hours. Letting someone else use your key fob is a violation of the RFCC 24-hour access policies. A Key fob can be purchased for a one time fee of \$10. For a family membership, each family member needs to have their own key fob. There is a \$10 charge for replacement of any lost key fobs or for a purchase of an additional key fob.

Zero Tolerance Policy

- With the 24 hour access fitness area, the RFCC is adapting a Zero Tolerance Policy. If you are caught not abiding by the following RFCC policies, your membership privileges will be revoked and no refunds will be given. These policies are in place for everyone's safety and enjoyment of the Rushville Fitness and Community Center at all hours of the day



Indoor Pool Guidelines

ALL MEMBERS/ GUESTS MUST SHOWER BEFORE ENTERING THE POOL

Indoor Pool age guidelines

- **Age 9 and under** must be accompanied by a parent/guardian **18** years of age or older, **the adult must be in the water or edge of the pool with the child.** **Ages 10-15** may swim alone when a parent/guardian **is present in the pool.** **An adult age 18 or older must be at the edge of the pool with the child.**
- **Ages 16+** may enter the pool alone.

Swimming Pool

- Monday-Saturday 6:00am-8:30pm
 - Sunday 6:00am-5:30pm
- (At times the pool might be closed for special functions)

Rules and common courtesies

- Please don't use the pool if you suspect you have or actually have a communicable disease, open cut or blister
- Please shower before entering the water or after use of toilet facilities
- Diving is prohibited.
- Spitting or spouting water from your mouth, or blowing your nose in the pool isn't allowed
- Only U.S. Coast Guard-approved life jackets and wearable foam flotation devices are allowed
- Kids wearing life jackets or foam flotation devices must remain within arm's reach of an adult while in the water
- Do not run or engage in rough play
- Diaper changing is allowed in locker rooms—but not in the pool area
- Animals are not allowed
- Glass and breakable items are not allowed
- Talking on cell phones is not allowed
- Food and drink (other than water) is not allowed
- For aquatic staff training, the RFCC does periodic safety drills by simulating emergencies—your cooperation in following staff instructions during a drill is greatly appreciated
- Shaving is not allowed in the pool.

Proper attire

- Please wear family-appropriate and clean swim attire—clothing may be worn over a swimsuit. Swimming apparel is not permitted in any other activity area of the facility.
- Children in diapers must wear reusable plastic pants with elasticized legs and waistband or disposable swim diapers.
- Please see a RFCC staff member for details about water-depth restrictions when wearing clothing in the water



Locker Room Guidelines

Locker Room age guidelines

- Ages 5 and under may enter the RFCC locker rooms of their opposite sex with a parent/guardian.
- Ages 6 and up have the option to access the unisex bathroom with their parent/guardian

Lockers and locks

- Lockers are available for daily use by members and guests. Please bring your own lock and remove it at the end of each visit. Padlocks are also available for renting at the RFCC.
- **Locks left overnight on lockers will be removed.**
- Valuables cannot be accepted for safekeeping at the front desk.
- Locker rental is also available for a fee.

Access

- The RFCC's practice is to welcome all members and do our best to accommodate everyone. Children ages five and younger may enter the RFCC locker rooms of their opposite sex parent or guardian.

Cell phone policy

- All cell phone usage and picture taking is prohibited in all locker rooms for the security and comfort of members and guests. Please restrict picture taking to your own child. Violation of this policy can result in consequences up to termination of membership.

Lost and found

- The RFCC is not responsible for any lost or stolen items. Contact the front desk to retrieve lost and found items. All content that is not recovered will be donated to a local charity after 1 month of being in the lost & found.



Indoor Track Guidelines

Indoor Track age guidelines

- Ages 0-13 welcome with parent or guardian within arms reach while on track.
- Ages 14-17 can enjoy indoor track alone

About the track

- 12 laps = 1 Mile
- The two lanes closest to the railing is for walkers, all runners are asked to use the widest outside lane.

Rules and common courtesies

- Walking and running are allowed
- Slower runners and walkers have a designated position on the track
- Strollers are allowed.
- Walkers (device to assist with walking) are allowed
- Please wear clean, non-marking shoes—spikes or cleats are not allowed
- Talking on cell phones is not allowed
- Food and drink (other than water in a plastic bottle) is not allowed

Safety

- All bags and personal belongings must be placed in cubby holes or in a locker. These items can be seen as a potential tripping hazard. Any item seen laying around on the ground will be picked up by a staff member and placed in the lost and found



Fitness Class Guidelines

Fitness Class age guidelines

- Ages 13 and below can attend age specific fitness classes with parent/guardian in building.
- Ages 14-15 welcome with parent/guardian
- Age 16-17 can enjoy fitness classes alone

Getting started

- Classes welcome all levels of fitness. When starting a new class try to arrive about 10 minutes early and let the instructor know you're a beginner. The instructor can offer tips, tell you what equipment is needed and can offer alternate exercise options. Standing in the middle of the room is a good idea so the instructor can see your form, and you can watch the front row for visual cues.

Rules and common courtesies

- Please arrive on-time for classes—warming up is important to prevent injury
- Please wait to enter the studio or set up equipment needed in class until the previous class is finished
- Please clean equipment used in class with provided disinfectant after use
- Please return all equipment to its proper place after use in class
- Please wear clean, non-marking shoes
- Talking on cell phones is not allowed
- Food and drink (other than water in a plastic bottle) is not allowed
- Please come to class dressed and ready to move your body
- Bringing a towel and water is encouraged
- Check specific class descriptions for other tips or details specific to class



Gymnasium Guidelines

Gym age guidelines

- **Ages 6 and under** accompanied by a parent/guardian at all times
- **Ages 7-13** parent/guardian must be in the building
- **Ages 14-17** can enjoy gym alone.

Rules and common courtesies

- Please wear clean, non-marking shoes
- Talking on cell phones is not allowed
- Food and drink (other than water) is not allowed
- Please secure coats, bags and valuables in a locker—the RFCC is not responsible for lost or stolen property

The gym is a shared space

Sometimes there might be an exercise class or other activity going on in part of the gym while you're playing a pick-up game or enjoying open gym time. Stop by the front desk if you're curious about when classes are scheduled.

Equipment

- Equipment like basketballs and pickleball paddles are available and free to check-out and use in the gym—visit the front desk where you'll typically trade your membership card for the equipment. You are liable for all damages that occur to the piece of equipment that was issued to you



Child Play Area Guidelines

Child Play Area age guidelines

- Ages 3-12 are allowed in the child's play area

About the Child Play Area

- The child play area is a perk to members who wish to workout and have their children near them. The area will be unsupervised and the parent is responsible for their child. The child play area is in the fitness room only. The minimum age for this service is three years old, and the child must be potty trained. Children over the age of 12 are not allowed in the child play area.

Rules and common courtesies

- Parent/Guardian must remain in the fitness room while their child is in the child's play area
- Children can enjoy the child play area for up to 2 hours a day
- Please don't bring a child who is ill or showing signs of illness
- The RFCC is not responsible for lost/stolen personal items/clothing in the child play area
- Food or snacks aren't allowed in the child play area, except water in a plastic container.

Proper attire

- Shoes are not permitted in the child activity area. **Children must be wearing socks at all times**



Code of Conduct

As a member, participant or guest, you agree to follow our code of conduct which is rooted in the values of caring, honesty, responsibility, and respect. That's why the following personal conduct is prohibited in all RFCC facilities, programs, and online communities:

Inappropriate attire.

- Appropriate attire must be worn at all times. No clothing with vulgar language, obscene gestures, racial slurs, or anything that contributes to a hostile environment or would be considered inappropriate in a family facility will be allowed.

Inappropriate language.

- Hostile or vulgar language, including swearing, name-calling or shouting.

Threatening physical contact.

- Physical contact with another person in any hostile or threatening way including but not limited to "play fighting".

Sexual activity.

- Any demonstration of sexual activity or sexual contact with another person.

Harassment / intimidation.

- Harassment or intimidation by words, gestures, body language or any menacing behavior that demeans another person or culture.

Theft / destruction of property.

- Theft or behavior that results in the destruction of property.

Weapons.

- Carrying or concealing any weapons or devices or objects that may be used as weapons (including items that appear to be real). The RFCC bans all weapons on premises with or without a permit.

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**Illegal chemicals or alcohol.**

- Using or possessing alcohol or drugs on RFCC property, in RFCC vehicles, or at RFCC sponsored programs.

Inappropriate conduct.

- Any other conduct of an inappropriate, threatening or offensive nature.

Loitering.

- Loitering is not permitted in or outside RFCC facilities or programs.

Inappropriate cell phone activity.

- Cell phone or photographic/video equipment use of any kind – organizing playlists, music, texting, camera functions, video recording – is not permitted in the locker rooms at any time. Phone calls are not allowed in fitness areas.

Tobacco.

- The use of tobacco or tobacco-like products, including e-cigarettes, are not permitted in or outside RFCC facilities or programs, or on RFCC property or program sites. RFCC facilities, ground, and vehicles are a tobacco-free environment.

Social Media.

- Use of social networking websites in a manner that is detrimental to the RFCC, or detrimental to the community or is in violation of the law.

If a member, participant or guest feels uncomfortable in confronting someone directly about offensive behavior or other issues that are in violation of the code of conduct they should report the behavior to a RFCC team member.

Suspension or termination of RFCC membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

To create and maintain a space that embodies our core values, the RFCC is serious about being clear regarding activities that are not allowed. If you or your invited guests violate this code of conduct, consequences can include termination of membership or program privileges. The RFCC reserves the right to make situational decisions based on its mission and values.



Fitness Room Annex Guidelines

Fitness Room Annex guidelines

- This area is for people who do not feel comfortable being in the main weight room just yet.
- Please allow these individuals their space and privacy while trying to reach their health and wellness goals.

About the Fitness Room Annex

- The active aging area is an annexed area meant to serve individuals who wish to be in a more secluded area to work out.
- Please refrain from using this space if you do not fit either of the criteria.

Rules and common courtesies

- Please be courteous to others waiting to use equipment—if you see people waiting, allow others to participate
- Please clean equipment with provided disinfectant after EVERY use
- Please return all equipment to its proper place after use
- Please wear clean, closed-toe and non-marking shoes
- Talking on cell phones is not allowed
- Food and drink (other than water in a plastic bottle) is not allowed

Proper attire

- Proper, freshly laundered gym attire is required.
- No clothing which contains rivets, hooks, studs, or zippers (for example, jeans).
Exception: Indoor Walking track.
- Shirts must cover the chest, stomach, and back. Cut off t-shirts with large openings, crop tops, and sports bras without shirts covering are not allowed in the fitness center.
- Closed toe, athletic shoes must be worn at all times, flip-flops, aqua shoes, sandals, bare or stocking feet are unacceptable in the fitness center.