

# SPORTS & FITNESS CENTER RULES

1. Upon entering the CERA Sports & Fitness Center, eligible members and their guests MUST SIGN-IN at the information desk. Membership cards will be required and must be presented, or a \$5.00 fee will be assessed. An entrance fee of \$3.00 will be charged for members, \$5.00 for guests and \$2.00 per spectator.
2. Each member may bring two (2) guests only.
3. In order to utilize the weight room facility, members and guests must complete a medical PAR-Q from the front desk. Please note that members must accompany their guests while using the equipment.
4. Children under 16 years of age may use the Sports & Fitness Center **ONLY WHEN ACCOMPANIED BY A PARENT. CHILDREN MUST BE SUPERVISED AT ALL TIMES.**
5. **NO ONE UNDER THE AGE OF 13 YEARS WILL BE PERMITTED IN THE WEIGHT ROOM, CARDIO ROOM OR ON THE TRACK.**
6. Spectators are asked to remain downstairs on the bleachers provided. A parent or a responsible adult must directly accompany children at all times. CERA does not assume responsibility for children and may ask child spectators or participants (regardless of active participation) to leave if a child is disrupting the scheduled programs or endangering him / herself or others.
7. Locker rooms with individual lockers are provided for use. All extra clothing must be stored in the locker rooms. Locks are provided at the information desk. All personal items must be removed upon your leaving and the lock returned. CERA will not be responsible for items left / lost or stolen at the Sports & Fitness Center.
8. Clean, soft-sole, non-marking athletic footwear must be worn at all times while participating in the Fitness Center.
9. There is no smoking in the Fitness Center.
10. Food is permitted in the lobby area only. Plastic bottled drinks are permitted on the green floor only.