

## MRC Facility Rules & Expectations

### General Rules:

1. No one under the age of 10 is permitted in the MRC & MGS Annex without a parent.
2. 10- and 11-year-olds may be in the Gymnasium ONLY when a parent is in the MRC.
3. 12-year-olds may use the MRC & MGS Annex Gym unaccompanied by a parent.
4. No one under the age of 15 is permitted in the fitness center at any time, exception would be a 14 year old with a certification.
5. No fighting, swearing, or loud disruptive behavior.
6. Everyone must check in at the front desk of whichever building they are using.
7. Everyone must enter and exit at the main door by the front desk in either building.
8. No running in the reception area or the hallways.
9. No tobacco products, alcohol, or drugs in the facility or on the facility grounds.
10. No firearms permitted in the facility.
11. We ask for your cooperation in wearing a dedicated pair of shoes while in the gyms and fitness center. No street shoes, please.
12. Proper attire (shirt & shoes) required while in the facility.

### General Track Rules:

1. Only those of 15 years of age or older may use the track. Approval for those younger than 15 years may be approved by the MRC staff if the parent is with the child on the track and the child can follow track rules.
2. No one is allowed to climb, stand, or lean over the railing, both concrete and metal.
3. No throwing objects from the track gym below or from the gym below to the track.
4. No food or drink is allowed on the track except water.
5. Report suspicious activity to the MRC Front Desk staff immediately.

### Track Rules for Use While School is in Session:

1. No one under 55 may use the track while school is in session.
2. Only members 55 years of age and older may use the track during the day, while school is in session.
3. No loitering on the track.
4. No resting or leaning on the railing, both concrete and metal.
5. Resting is limited to the rest areas located on the northwest side of the track and in the lobby area located just outside of the track on the second level.
6. No communication either verbally or non-verbally with the PE Classes below.
7. No yelling or disruptive behavior is allowed.

### **Gymnasium Rules:**

1. The MGS gymnasium is available for use before and after school, or when school is not in session.
2. The gymnasiums will be open for public use unless an MRC event is planned.
3. Participants may be asked to leave the facility if inappropriate behavior is noticed.
4. Do not kick basketballs or volleyballs.

### **Fitness Center Rules:**

1. No one under the age of 15 is allowed in the fitness center, this includes both rooms.
2. Exception: 14 year old Mulvane students may use fitness center only if:
  - 2a. They MUST take and pass the MRC Youth Weight Room Safety Course taught by our Personal Trainer to receive an MRC certification card.
  - 2b. A current membership is required to use the Weight Room.
3. Wipe down the machines you use after each use.
4. Be courteous on machines, limit time if people are waiting.
5. Return weights and equipment to proper place after use.
6. Do not spray directly on the TV screens, spray sanitizer on paper towel then wipe down.
7. Do not drop the weights.
8. Please maintain volume on personal music so it does not interfere with others.
9. No swearing or loud, disruptive behavior.

### **Class Participation Rules**

1. Participants living within USD 263 (Mulvane), USD 463 (Udall), and USD 357 (Belle Plaine) boundaries will pay the posted fee. Participants living outside of the above school districts will pay \$5.00 more per class or trip.
2. You do not need to be a MRC member to attend a class. Class fees are separate from membership fees and are based on frequency, length, and cost of providing the class. All fees must be paid in advance to be put on the class roster.
3. Class participants may not bring children younger than 10 to the MRC during their class. This includes the classroom of the hallway outside of the classroom.
4. Classes have size limits and pre-paid registrants will participate first, if there is room in the class, drop-in participants will be allowed as long as they pay the drop-in fee prior to the class.