

GYMNASIUM POLICIES

- Members must be 14 years of age or older to use the Das Rec gymnasium unsupervised. Members ages 10-13 may use gymnasium when parent or legal guardian is in Das Rec facility. Members under 10 years of age may use gymnasium when supervised by parent or legal guardian.
- Members are required to wear closed-toe, non-marking athletic shoes. Shirts are required at all times. No exposed undergarments at any time.
- Organized practices, clinics, and/or coaching and training are prohibited. Failure to comply may result in suspension or termination of membership privileges.
- Exercise equipment is not permitted in gymnasium.
- Large backpacks and bags are not allowed inside the gymnasium and must be kept in a locker. Das Rec is not responsible for lost or stolen items. Valuables should be locked or stored in a locker. Lockers are available for day-use only.
- Use of profanity is prohibited.
- Bullying, rough play, yelling, spitting or fighting is prohibited. Any physical or verbal abuse to staff or members may result in dismissal from the facility. All games require good sportsmanship and proper conduct.
- No dunking, hanging, or grabbing rims or nets.
- No throwing or kicking balls at the walls or ceiling.
- Do not lean, pull, or sit on court divider curtains.
- Food, drinks, and gum are prohibited. However, water in non-glass, spill-proof containers is allowed.
- Full-court play is first come, first served. High volume may require courts to be shared to accommodate more participants. Scheduled activities in the gymnasium may take priority over open recreation.
- Requests for equipment set-up will be accommodated when possible. Do not remove or move any equipment set-up on courts. Ask staff for assistance with equipment setup or removal.
- Das Rec Management reserves the right to ask anyone to leave the gymnasium if policies are not followed.

FITNESS FLOOR POLICIES

- Members must be 14 years of age or older to use the Das Rec fitness floor unsupervised. All users of Das Rec fitness floor must complete Das Rec member orientation. Members ages 12-13 may use fitness floor when supervised by parent or legal guardian.
- Members are required to wear closed-toe, non-marking athletic shoes. Sports bras must be covered. Shorts and pants must be worn at the waist and not excessively revealing, nor exposing when moving. Jeans, denim, and cargo pants are not allowed.
- Das Rec is a closed-training facility. Only personal trainers employed by the City are permitted to train members/guests. Failure to comply may result in suspension or termination of membership privileges.
- Please wipe down equipment after each use.
- Das Rec is not responsible for lost or stolen items. Valuables should be locked or stored in a locker. Lockers are available for day-use only.
- For safety reasons, gym bags are not allowed on the fitness floor.
- Profanity and yelling are not permitted.
- Dropping weights or fitness equipment on the fitness floor is prohibited.
- Cell phone usage is restricted to the lobby area only. If necessary to take a phone call, please be courteous and leave the fitness floor. Please limit texting or browsing and allow others to work in during your resting period.
- Personal music must be used with headphones; no radios or loud music is allowed.
- Food is not permitted on the fitness floor. Drinks in closed containers are allowed.
- Equipment should not be removed from the fitness floor.
- During busy times, use of cardio equipment should be limited to 30 minutes. Please allow for others to work in on the weight room floor.
- Das Rec Management reserves the right to ask anyone to leave the fitness floor if policies are not followed.

TURF YARD POLICIES

- **Members are required to wear closed-toe, non-marking athletic shoes, and shirts. Shorts and pants must be worn at the waist and not excessively revealing nor exposing when moving. Metal cleats or spikes are prohibited. Sports bras must be covered.**
- All food and beverage products, except water, including gum and shelled seeds or nuts, are prohibited.
- Sharp objects such as tent stakes, corner flags, and poles that may penetrate or damage Das Yard are prohibited.
- Marking lines onto Das Yard with paint, tape, etc. is prohibited.
- Spitting on Das Yard is prohibited.
- While using Das Yard, remain aware and alert for incoming weather. It is a large open area and subject to lightning and other weather-related hazards. Follow instructions from staff when applicable.
- Suntan lotions, oils or creams of any kind are prohibited. Please apply sunblock before entering the turf area.
- Please be mindful when using cellphones; limit conversations to a quiet area.
- Personal music must be used with headphones; no radios or loud music are allowed.
- Das Rec is a closed-training facility. Only personal trainers employed by the City are permitted to train members/guests. Failure to comply may result in suspension or termination of membership privileges.
- Tossing or dropping weighted equipment (dumbbells, plates, kettlebells, etc.) on the concrete area is prohibited. Please wipe down equipment after each use.
- Das Rec is not responsible for lost or stolen items.
- Valuables should be locked or stored in a locker; no bags on the Yard for safety reasons. Lockers are available for day use only.
- Profanity and yelling are not permitted.
- Das Rec Management reserves the right to ask anyone to leave if policies are not followed.