

## GYMNASIUM AND FITNESS ROOM RULES AND POLICY

The Policies have been developed to establish detailed guidelines, standards, and expectations that ensure the safe and orderly use of indoor gymnasiums and fitness rooms. The policies aim to provide a safe and welcoming environment for all users while ensuring the proper functioning and maintenance of the facilities. Adherence to these rules and policies is crucial to maintaining a safe, healthy, and enjoyable fitness experience for everyone.

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### I. GENERAL OVERVIEW

#### Facilities

FACILITY	FITNESS ROOM	GYMNASIUM
Anthony Muñoz Community Center		
Armstrong Community Center		
De Anza Community & Teen Center	X	X
Dorothy A. Quesada Community Center	X	
Ontario Senior Center	X	
Veterans Memorial Community Center		
Westwind Community Center	X	X

## Check-In

All members utilizing the fitness room or gymnasiums must have a current facility membership. Facility membership applications are available at the front counter. All Recreation Community Center participants must check in at the front counter before entering the gymnasium or fitness room.

## Age Requirements

**Gymnasium** – Members utilizing the gymnasium must be at least 7 years old. A responsible adult must accompany participants under 7 years old.

**Fitness Room** – Members utilizing these amenities must be at least 16 years old, except for the Ontario Senior Center, which has a minimum age requirement of 50 years old.

## Maintenance Closures

Each year, the Recreation & Community Services Department will close the gymnasiums, and fitness room for routine maintenance and deep cleaning. When possible, a notice will be sent to the member's email address on file and signage will be posted throughout the facility.

## Personal Property

Members are responsible for their personal property. All personal property must remain with the member; items may not be kept on the floors or walkways, as they pose a potential hazard. Recreation & Community Services Staff will not hold or store any property. Lockers are available at limited locations; please check in with Front Counter staff regarding availability.

## Lost & Found

The Recreation & Community Services Department is not responsible for any lost, stolen, or left behind items. All items found inside the facility will be turned over to the Front Counter. Items will be logged and stored for two weeks. Items not claimed after two weeks will be donated or discarded. Wallets and phones are surrendered to the Ontario Police Department.

## Dress Code

The Recreation & Community Services Department requires all members to wear appropriate clothing and footwear while in its facilities. Appropriate clothing for use in the Gymnasium and Fitness Rooms includes gym shorts, jogging/aerobic or sweat outfits, and shirts (that cover the chest). Street clothes and jeans are not permitted. Sports bras are not a substitute for shirts.

Shoes that may damage, mark up the floors, or open-toed shoes are not allowed while using equipment or on the Basketball courts. Examples of shoes not permitted include, but are not limited to: slides, crocs, sandals, cleats, etc.

### **Video and Photography**

Photography equipment, including but not limited to tripods, lighting kits, output umbrellas, etc., are prohibited as they can block walkways and emergency exits.

### **Equipment**

Fitness equipment must be handled with care. Members are responsible for wiping down fitness equipment after each use. All malfunctions must be reported to the front counter staff. Equipment can only be used for its intended purpose. All equipment must be returned to its designated location.

Other sporting equipment will need to be checked out at the front counter. Members are responsible for returning the equipment in good working order.

The Recreation & Community Services Department reserves the right to limit or restrict the use of outside equipment in the facility.

### **Food & Beverages**

Food and beverages, except water, are not permitted to maintain the cleanliness and safety of the gymnasiums and/or fitness rooms. Water containers must have a sealed lid.

To prevent potential hazards and damage, participants are encouraged to report any accidents, such as spills or food stains, to the front counter staff.

### **Music**

Please respect others around you when listening to music. Headphones must always be worn when listening to music. Devices that amplify sound are not permitted.

### **Code of Conduct**

All members utilizing the indoor gymnasiums and fitness rooms are expected to follow the Community Centers Code of Conduct and this Gymnasium and Fitness Room Rules and Policies.

## II. DEFINITION OF TERMS

- A. **'Member'** any individual or group, who utilizes any amenity or feature in a City of Ontario Community Center.
- B. **'Organized Sport'** includes organized games, practices, and structured training in which two or more individuals work in a focused way to improve their game. Organized sports may or may not include a coach or trainer.
- C. **'Organized Class/Program'** includes organized classes facilitated by an individual with two or more participants.
- D. **'Nonprofit'** An organization that is formed to serve the needs and interests of a specific group of individuals, usually related to a particular industry or field of interest.
- E. **'Commercial Activity'** Any member, group, nonprofit, or business that engages in an activity intended for exchange in the market to earn an economic profit.

Commercial activity includes, but is not limited to, the selling, offering for sale, advertising for sale, or solicitation for future delivery or performance of any goods, wares, merchandise, or services.

- F. **'Athlete Scouting'** Any member, group, nonprofit, or business that evaluates individuals for recruitment by a sports team or organization. This can involve a variety of methods, including attending games and/or competitions and conducting interviews or assessments with coaches and players.

## III. INDOOR GYMNASIUM RULES

- A. All members must check in at the Front Counter and provide a government-issued ID when requested.
- B. Open gym hours may be canceled or modified due to City of Ontario programs, events, or maintenance.
- C. Spitting on the floors, walls, water fountains, or waste baskets is not acceptable.
- D. Members must bring their own water bottles, towels, headphones, etc.

- E. Shoes that could damage or mark up the courts are not permitted.
- F. Swearing, fighting, and other obscenities are strictly prohibited.
- G. An adult must always supervise children under the age of 7.
- H. Bleachers and walkways are a no-play zone.
- I. Court preference always goes to the specified age group in the allotted time during the day.
- J. No dunking, hanging on the rim, or structure supports.
- K. A 60-minute max playing time per player may be enforced if a waitlist exists.
- L. Community Centers have basketball and volleyballs available for checkout. Members must present a government-issued ID to check out any equipment.
- M. All injuries requiring first aid must be reported to the front counter staff.
- N. Please report any questionable activity/concerns to the front counter staff.
- O. Organized Sports and Classes/programs by a member, nonprofit, and/or business is strictly prohibited.
- P. Commercial Activity and Athlete Scouting is prohibited in any City of Ontario Community Center.
- Q. Any party listed under the Definition of Terms may request to reserve the gymnasium. Reservations will be considered if the requested times do not interfere with city programming.
- R. Members violating the Gymnasium and Fitness Room Rules and Policies, or the Community Centers Code of Conduct may be asked to leave.
- S. Balls are only permitted on the courts. Members may not bounce the balls in any other areas of the Community Center.

#### **IV. FITNESS ROOM RULES**

- A. All members must check in at the Front Counter and provide a government-issued ID when requested.
- B. Members must wipe down and sanitize equipment after every use.

- C. Return and re-rack free weights, barbells, and dumbbells to their proper storage after use.
- D. Do not leave weight plates on machines.
- E. Please report any malfunction, broken, or damaged equipment to a front counter staff member.
- F. A 20-minute time limit will be enforced on equipment during popular Fitness Room times.
- G. All injuries requiring first aid must be reported to the front counter staff.
- H. Fitness Rooms are not available for reservations.
- I. Members violating the Gymnasium, Fitness Room rules and policies or the Community Centers Code of Conduct may be asked to leave.