

Ehrnfelt Recreation Center Rules

***ALL ACTIVITIES ARE UNDERTAKEN AT THE PARTICIPANT'S SOLE RISK ***

ANY VIOLATIONS MAY RESULT IN LOSS OF PRIVILEGES AT THE DISCRETION OF THE RECREATION DIRECTOR

THE CITY OF STRONGSVILLE RESERVES THE RIGHT TO ADD, AMEND OR DELETE RULES

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It is the intent of the Strongsville Recreation Department to offer facilities and programs that meet the high standards that the Strongsville community is entitled. Use of the facilities by families and citizens of all ages is strongly encouraged. The following guidelines have been established to help operate and maintain the Ehrnfelt Recreation Center and to meet the goals established by the Recreation Department. Please feel free to comment on any problems you may have and to report any acts conducted by individuals or groups that jeopardize or intimidate the users of the facility. Participation in any physical activity has possible inherent and unforeseen risks which include injury or death. Anyone using any of the City of Strongsville Recreation Facilities must be aware of this fact, assume the risks and be responsible for taking proper precautions. Precautions to be taken before participating in an activity offered by the city or at any of its facilities include: a physician's examination and health clearance; adequate knowledge of skills; proper training procedures; knowledge of all rules and regulations of all City of Strongsville Recreation Facilities.

1. Current membership, daily guest fee, or enrollment in a program is required to gain access to the Ehrnfelt Recreation Center.
2. Only scuff-resistant shoes are allowed in the activity areas of the building. Dark soled running shoes, turf shoes, spiked shoes, street shoes, shoes with rollers ("Heely's") and any other types of shoes which mark the floors, especially the gymnasium and group exercise floors, are absolutely prohibited. Muddy or dirty shoes are not permitted. Participants are asked to please change into a separate, clean pair of shoes for their indoor recreational use. Shoes are required to be worn at all times while in the facility (except locker rooms, pool area, or at the discretion of a program leader.)
3. The Ehrnfelt Recreation Center is a tobacco-free facility by city ordinance.
4. No spitting, vaping/electronic cigarettes, or gum is permitted in the facility.
5. To enter the building, children under the age of 12 must be accompanied by an adult (18 years or older) unless they are participating in an organized program/activity. The adult must remain the building.
6. No pets allowed except those assisting a person with a disability or if a special program, (i.e. obedience class, dog show), is scheduled.
7. The Strongsville Recreation Department and the Ehrnfelt Recreation Center are not responsible for lost or stolen articles. It is strongly recommended that all belongings are placed in a locker and secured with a personal lock. Please do not bring valuables into the facility. Locks can be purchased at the front desk.
8. Children 4 years of age or older may not use the locker room of the opposite sex. Please use the family changing rooms.
9. Changes in the recreation schedule may occur without notice. Current pool and gym schedules are available at the front desk or online at www.strongsville.org/departments/parks-recreation.
10. Public display of amorous affection is not permitted and will not be tolerated.
11. Eating and drinking is PERMITTED in designated areas only.
12. The following activities are not permitted and will result in suspension, expulsion or termination of membership or ability to be a daily guest: Fighting, Stealing, Property Damage/Vandalism, Loitering (inside or outside of facility), Disorderly Conduct, Horseplay, Littering, Profanity.
13. We recommend that any individual involved in strenuous activity carry appropriate identification in case of an emergency.
14. To respect our senior members, do not park in the Senior Center lot until after 5:00 pm.
15. No concealed guns or weapons allowed on these premises.
16. Each area has individual guidelines for your safety and enjoyment. Please follow these guidelines.

Aquatic Center Rules

AQUATIC CENTER

1. **Anyone under the age of 12 must be accompanied by an adult in the Aquatic Center, with the exception of those in the water for Aquatics Programs (excludes Preschool Programs.)**
2. **The only floatation devices permitted are coast guard approved life jackets. An adult (over 18 years) must be in the water within arms reach of the child at all times.**
3. **Children under the age of 6 must have an adult (over 18 years) within visual contact at all times.**
4. **Children 3 and under must have an adult (over 18 years) within arms reach at all times.**
5. All personal belongings, such as book bags/gym bags, shoes and coats must be kept in a locker or in a designated storage area.
6. You MUST shower before using pools or spa.
7. Proper swim attire (swimsuits) is required when using all of the pools in the Aquatic Center, including participants in learn to swim classes. No cut-offs, gym shorts, T-shirts or leotards. Clothing worn for workout or other purposes prior to using the aquatic center is not permitted. Clothing that could contribute to entrapment or inhibit life saving measures: loose fitting clothing; heavy garments, cut-offs, and jean shorts are not permitted.
8. Street shoes are not permitted on pool deck.
9. The fresh air returns along the windows of the Aquatic Center must be kept clear at all times. Any items placed on the ledge prohibits fresh air from entering the Aquatic Center.
10. Persons with infectious conditions such as colds, open sores, or eye infections are not permitted in the pools.
11. NO GLASS, coolers, food, drink, gum or tobacco products permitted.
12. No running on the pool deck.
13. Do not use starting blocks.
14. No pushing, dunking or horseplay permitted.
15. No mermaid tails or mono-fins.
16. No playing on stairs, ladders on lane lines.
17. No Super Soakers or squirt guns.

SAUNA and STEAM ROOM

1. Participants must be 15 years of age or older to use the sauna or steam room. (During the breaks you must be 18 years of age).
2. Swimsuits are required. Workout and street clothes are prohibited.
3. No liquids (except drinking water) of any kind are allowed in the sauna or steam room.
4. Pregnant women, elderly persons, children and persons suffering from high or low blood pressure should not use the sauna or steam rooms without first consulting a doctor.
5. Do not enter the sauna or steam rooms while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
6. Observe reasonable time limits of 10-15 minutes as long exposure may result in nausea, dizziness or fainting.
7. Do not use the sauna if the temperature exceeds 170 degrees F.
8. The use of razors for shaving in the sauna and steam room is prohibited.
9. Shower before entering the steam room/sauna.
10. No reading materials permitted in the steam room/sauna.
11. Tampering with the steam room /sauna equipment or sensors is strictly prohibited and will result in immediate removal from the facility without a refund. Members may also have their membership revoked.

SPA

1. Participants must be 15 years of age or older to use the spa, sauna or steam room.
2. Children under the age of 15 are not permitted in the spa area at any time (must stay behind the 3' markings).
3. Adults only during the 10 minutes break.
4. Pregnant women, elderly persons, children and persons suffering from high or low blood pressure should not use the spa without first consulting a doctor.
5. Do not enter the spa while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
6. Observe reasonable time limits of 10-15 minutes as long exposure may result in nausea, dizziness or fainting.
7. Do not use the spa if the water temperature exceeds 104 degrees F.
8. Do not use the spa alone.

DIVING BOARDS

1. Divers must be able to swim to the side of the pool unassisted in order to jump or dive off of the boards.
2. Only one person permitted on the board at a time.
3. Only one bounce permitted on the board.
4. Never dive until the landing area is clear.
5. No back dives, inward dives or reverse dives permitted without formal training.
6. Jump straight off the end of the board, not off to the side.
7. No running on the diving boards.
8. No hanging on the boards.
9. Exit the diving area immediately upon entry into the water.

LAP SWIMMING

1. Notify swimmers that you are entering the lane.
2. Always swim to the right side of the lane in a counter clockwise direction, staying near the lane lines.
3. When passing, notify swimmer with a tap on the foot and pass in the middle of the lane.
4. If you are continually passing, move into a more appropriate lane.
5. When Learn to Swim lessons are being held, lap lanes will be reserved to those 15 years of age and older.
6. Lap swimming means you are “swimming” continuously with little or no stopping at the end of the pool.
7. Please be aware, if there are minimal lap lanes available to the public and you are not a “lap swimmer”, you may be asked to exit the lap lane to accommodate “lap swimmers”. This includes water walking, jogging, floating or water exercise.

WATER SLIDE

1. Swimmers must be at least 48” tall to use the slide.
2. No floatation devices or dive masks are permitted on the slide.
3. Do not enter the slide until lifeguard at the top indicates that landing area is clear.
4. Only one person permitted on the slide at a time.
5. All riders must slide feet first.
6. Sliders will be assisted in the landing area by a lifeguard only.
7. Exit the landing area immediately upon entering the water.

PIRATE SHIP and WADING POOL

1. Non-toilet trained children must wear swim diapers.
2. Children 3 years of age and under must be accompanied by an adult in the water.
3. The only floatation devices permitted are coast guard approved life jackets. An adult must be in the water within arms reach of the child in the coast guard approved lifejacket at all times.
4. Anyone under the age of 12 must be accompanied by an adult in the Aquatic Center, with the exception of those in the water for Aquatics Programs (excludes Preschool Programs.)

LOCKER ROOMS

1. **Children 4 years of age and older may not use the locker room of the opposite sex. Please use the Family Changing Rooms.**
2. The Strongsville Recreation and Senior Center is not responsible for lost or stolen articles.
3. Place all belongings in a locker and secure with a personal lock.
4. Personal locks must be removed daily or they will be cut off.
5. No food, drink, gum, tobacco, electronic cigarettes or chewing tobacco permitted.
6. The use of photographic or recording devices is prohibited.
7. No horseplay permitted.

FAMILY CHANGING ROOM GUIDELINES

1. The family changing room is for people with special needs and adults with opposite gender children 4 years and older or adults with children under the age of 5.
2. Please be courteous – limit time to 10 minutes or less.
3. No food or drink beyond this point.
4. The Strongsville Recreation and Senior Center is not responsible for lost or stolen articles.
5. Place all belongings in a locker and secure with a personal lock.
6. Personal locks must be removed daily or they will be cut off.
7. No food, drink, gum, tobacco, electronic cigarettes or chewing tobacco permitted.
8. The use of photographic or recording devices is prohibited.
9. No horseplay permitted.