

CITY OF STRONGSVILLE RECREATION CENTER

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**

Page 1: General Recreation Center Rules

Page 2: Cardio Area, Track & Weight Room Rules

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.

Cardio Area/Track

1. There is a 30 minutes maximum time limit on all cardio exercise equipment.
2. Spray the paper towel with solution provided and wipe down the equipment after each use.
3. Obey the walking track arrow in regards to the daily track direction.
4. Do not spit on the floor, walls, water fountain, or waste baskets.
5. Be courteous of others; limit cell phone use while using equipment.
6. Return and re-rack free weights, barbells, and dumbbells to their proper storage place after use.
7. Closed toe shoes and proper workout attire must be worn at all times. Shirts required.
8. Please immediately notify the fitness department staff of equipment malfunction or breakage.
9. INFANTS in the Cardio Area
 - Only infants between 3 and 6 months can join parents in the Cardio Area. Children younger than 3 months remain restricted from entering the area.
 - Infants between 3 and 6 months of age are permitted in the Cardio Area Monday through Friday from 8:00am-5:00pm. All other times remain off limits to infants.
 - Children 6 months and older must be placed in the tot room.
 - Infants MUST be secured in either a stroller or a car seat and placed directly in front of their parent. The stroller/car seat must not block an aisle or walkway. At no time may a parent leave their child unattended. This includes using other equipment or the track.
 - If a parent chooses to walk on the track with their infant, the infant must be secured in a front pack or stroller. The parent must use ONLY the inside walking lane. Running or jogging with an infant in a front pack or stroller is not permitted.
 - These regulations have been implemented on behalf of concerned and interested parents with infants wishing to use the exercise equipment. However, the Ehrnfelt Recreation Center places member safety first and we reserve the right to further amend, add, or delete regulations as necessary.
10. 11 YEARS & UNDER in Cardio Area
 - Those 11 years and under may use the track under the following conditions. A parent MUST continuously supervise and be in close proximity to the child during their time on the track. The child MUST remain in their lane and be respectful of others.
11. 12-14 YEAR OLDS
 - Those 12-14 years of age who have successfully completed the Youth Strength Training Certification program here at the Strongsville Rec Center are permitted to use the treadmills and the weight equipment in the cardio area only. They should have their Youth Strength Training Certification Card with them at all times while working out on the equipment.
- 12.. 15 YEAR OLDS & OLDER
 - Those 15 years & older may use the track and all equipment in the cardio area.

Weight Room

1. Those 15 years & older are permitted to use the weight room and equipment outside the weight room.
2. Closed toe shoes and proper workout attire must be worn at all times. Shirts required.
3. No chalk permitted in the weight room.
4. Spray the paper towel with solution provided and wipe down the equipment after each use.
5. Do not spit on the floor, walls, water fountain, or waste baskets.
6. Return and re-rack free weights, barbells, and dumbbells to their proper storage place after use.
7. Don't leave weight plates on machines.
8. Be courteous of others; limit cell phone use while using equipment.
9. No one under 15 years old permitted in the weight room.
10. Please immediately notify the fitness department staff of equipment malfunction or breakage.