

Basketball Court/Gymnasium Rules

1. No street shoes
2. Appropriate attire required - Shirts Required
3. No food, drink, gum, chewing tobacco
4. No vaping
5. No spitting
6. No profanity or offensive language
7. No music
8. No hanging on rims/nets
9. No balls provided—bring your own
10. No dunking
11. Basketball ball permitted in the main and auxiliary gyms. Volleyball permitted in the auxiliary gym. No other sports permitted.
12. When the whole main gym is open, the following rules are in effect:
 - a. Full court games are permitted on the side of the gym closest to the gym entrance doors (Front Court)
 - b. The other half (Back Court) is open for “shooting around” only unless otherwise indicated
11. When ONLY 1/2 of the Main Gym is open and Auxiliary Gym is closed, full court games are not permitted
12. When the whole Main Gym is open and the Auxiliary Gym is closed, full court games are permitted on the Front Court.
13. Staff has the authority to cancel full court games and make schedule changes at any time.

Youth/Family Basketball Rules

1. Children 14 years and under may participate in Youth/Family basketball times with an adult
2. Children must be accompanied and supervised by an adult parent or guardian
3. No more than 2 adults may accompany a child
4. Coaches and teams cannot use this time for practice
5. Only basketball permitted
6. No street shoes
7. Appropriate attire required - Shirts Required
8. No food, drink, gum, chewing tobacco
9. No vaping
10. No spitting
11. No profanity or offensive language
12. No music
13. No hanging on rims/nets
14. No balls provided—bring your own
15. No dunking

CITY OF STRONGSVILLE RECREATION CENTER

Ehrnfelt Recreation Center Rules

Cardio Area/Track

1. There is a 30 minutes maximum time limit on all cardio exercise equipment.
2. Wipe down equipment with wipes provided 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. No loud music—use headphones
10. INFANTS in the Cardio Area
 - Only infants younger than 6 months can join parents in the Cardio Area.
 - Infants younger than 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.
 - 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. 12-13 YEAR OLDS
 - Those 12-13 years of age who have successfully completed the Youth Fitness Orientation 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 Fitness Orientation Card with them at all times while working out on the equipment.
- 12.. 14 YEAR OLDS & OLDER
 - Those 14 years & older may use the track and all equipment in the cardio area.

Weight Room

1. Those 14 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. Wipe down equipment with wipes provided 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 14 years old permitted in the weight room.
10. No loud music—use headphones
11. Please immediately notify the fitness department staff of equipment malfunction or breakage.