

Welcome to New Berlin Recreation Center Wellness Mezzanine!

To ensure the best safety for not only you as a patron, but all patrons attending the facility we have created these guidelines to help direct the appropriate behavior that should be followed while attending our facility. Please read over these guidelines as follows:

1. Safety first.

- a. Anyone, doing anything that is potentially harmful to other members is unacceptable.
- b. No harassment of any form will be tolerated. Patrons must adhere to the New Berlin Activity and Recreation Center Code of Conduct.
- c. We ask patrons to use the facility as a workout facility as intended.
- d. We also ask that patrons make sure to respect the equipment provided.
- e. Children between the ages of 14-17 must have had a wellness mezzanine orientation with one of the Recreation Staff.
- f. Wear closed-toe, non-marking, activity-appropriate footwear is required; street shoes, backless shoes, and boots are not allowed.
- g. No food, open drink containers (cans), or glass. Water bottles only.

2. Share the equipment.

- a. Equipment is considered communal property; because of this we ask that patrons not sit on a machine while resting between sets. Talking on cellular devices or sending text messages are an example of behaviors to avoid while on machines.
- b. Reservations are not allowed on any signature or seated equipment. The machine currently being used by a patron is the one piece of machinery they are allowed to continue using without disruption. That use will be on a first come, first served basis. Please limit sessions to 30 minutes per piece of machinery when others are waiting.
- c. Reservations for machines are not allowed. Patrons are not allowed to set up circuits with multiple pieces of equipment and reserve them for future sets or reps.
- d. Please place the equipment back where you found it.
- e. Report all equipment issues to Recreation staff

3. No CLUTTER is allowed in Wellness Mezzanine

- a. Small gym bags and small back strap bags are allowed, but anything larger than 12x12 in size we ask patrons to use the hooks and cubbies to hang up their belongings.
- b. Any excessive items or large gym bags seen as potential TRIPPING HAZARDS will not be allowed in the Wellness Mezzanine area.
- c. In our hallway, any bag not touching the wall or inside a cubicle holder will be asked to be removed to a hook or cubby.

4. Wipe down equipment

a. Wipe down equipment after use with towel and disinfectant spray; instead of spraying equipment directly, spray directly to the towel and then wipe the machine.

5. Track etiquette

a. Inside and middle lanes are walking lanes.

c. Outside lane is the running/jogging lane. Please look for signage and follow the indicated direction of travel.

d. Recreation provided Strollers are allowed on the track, but only in the inside walking lanes. No strollers are allowed in the middle or outside lane since those are designated for jogging and/or running.

e. No personal Strollers are allowed on the track.

f. Recreation provided Strollers are allowed on the track, but NOT allowed to remain on the track while the user stops or gets on ANY piece of machinery along the track. Liability causes us to enforce this rule and as a result, we cannot have anyone younger than the age of 14 parked near any of our exercise equipment in a stroller.

g. Body baby carriers are allowed on the track, but not in any other area of the fitness floor. No babies in arms.

h. Acceptable track exercise formats are either walking or running motions.

i. NO free weight, dumbbell, or Olympic bar equipment is allowed on the track.

j. NO spitting or food/drink is allowed on track, only water in water bottles.

k. Children must be supervised by an adult while on the track.

l. Prohibited activities on the track include:

- Standing or blocking on the lanes of the track

- Watching first floor activities from the track

6. Minimum age limits.

a. NO ONE is allowed to be ANYWHERE upstairs in the wellness mezzanine that is under the age of 14 without a parent or guardian.

b. Children between the ages of 14-17 must have had a wellness mezzanine orientation with one of the Recreation Staff.

Even those who are 14+ and are not in the fitness mezzanine to work out or following the guidelines listed above will be asked to leave the fitness mezzanine floor.

We as the Recreation staff are committed to providing the best experience possible for you as a fitness patron. We also invite you to come and enjoy all the amazing amenities we have to offer here at our recreation center.