

HIGH BLUE WELLNESS
GENERAL RULES & POLICIES ON CODE OF CONDUCT

The following rules and regulations governing the use of all recreational facilities at the High Blue Wellness Center (HBWC) have been created to provide equal opportunity, safety, and protect the rights of each participant. As a patron of the High Blue Wellness Center, you have a responsibility to understand and abide by these guidelines. To ensure everyone's safety, Belton Parks & Recreation team members will enforce the usage guidelines and other posted regulations. Failure to abide by these rules and regulations may result in modified or revoked membership privileges as determined by the High Blue Wellness Code of Conduct Disciplinary Policy.

General Rules for Membership

- Demonstrate respect for yourself, other patrons, staff, and property while enjoying the facility
- Belton Parks and Recreation is committed to the health, safety, and welfare of each of its members and staff and will not tolerate unreasonable, threatening, obscene, harassing, indecent, or illegal behavior
- All patrons entering the facility must be a member or a single day paid customer
 - Members MUST scan each day of participation at (HBWC)
 - All single day paid patrons MUST have an armband
 - No loitering – See High Blue Wellness Center Disciplinary Policy
- No Fighting, No Domestic Disputes
 - No Swearing or abusive language
 - No Arguing
 - See High Blue Wellness Center Disciplinary Policy
- No alcohol, tobacco, or illegal drugs
- Belton Parks and Recreation is not responsible for lost or stolen items
- No Weapons – Zero Tolerance for Guns and Knives at (HBWC)
 - See High Blue Wellness Center Disciplinary Policy
- No soliciting on HBWC property

Identification (ID) Card Requirements/Access Control

High Blue Wellness Center members must show proof of membership by presenting a valid membership ID to gain access into the (HBWC). Belton Parks and Recreation is fully authorized to deny entrance to the (HBWC) for anyone without possession of valid identification as noted above.

Proper Attire

In an effort to promote safety, reduce the spread of communicable diseases, and prevent additional wear and tear on the equipment, all participants are asked to wear appropriate athletic clothing and swim attire while working out, participating in activities, or using the aquatics facilities. Participants not wearing appropriate clothing or clothing found to be offensive will be told to adjust as needed or asked to leave the facility. Closed-toe athletic shoes with non-marking soles are required in all activity areas except during certain fitness classes such as Pilates and Yoga. Belton Parks and Recreation reserves the right to restrict the use of (HBWC) should any apparel exhibited violate this policy

Alcohol and Drugs

Alcoholic beverages and illegal drugs may not be consumed prior to or while using the facility. Individuals may not use the facility while under the influence of drugs or alcohol.

Food and Drink

Food and beverage are permitted in the Lobby area. Water and Sports drinks only are permitted in the pool area, fitness area, gymnasium, fitness classes, and the Garage.

Mobile Technology

For the safety and comfort of our members, the use of mobile technology is not permitted in the restrooms or locker room areas. Members may use mobile technology in other areas of the facility for access to music or phone; however, if disruptive behavior (talking loudly) is noticed or reported, the member will be asked to refrain from use of the device. The use of mobile technology at any time for photo or video purposes is prohibited unless approved in advance by the Park Director. Violators of the above policy may be asked to leave the premises and may face further disciplinary actions.

Locker Rooms

There are two main locker rooms in the (HBWC). The following guidelines are required:

- No glass is permitted in locker rooms or anywhere else in (HBWC)
- All-gender, private changing rooms are available and include restroom and shower facilities

Warning: Wet surfaces in the locker room may be slippery. Please watch your step and use caution.

Security

We encourage our members to only bring necessary items to the (HBWC). Valuables should be left at home and individuals are responsible for securing personal belongings in lockers. It is not recommended to leave personal items in your vehicle while visiting (HBWC). It is recommended that members provide their own lock to secure their personal items. Please report any suspicious behavior to (HBWC) team members at the front desk.

Lost and Found

Lost and Found is located at the front desk

Accessibility Information

The (HBWC) is designed to accommodate patrons of varying abilities. Belton Parks and Recreation team members are available at any time to provide special assistance to members with disabilities. Members are encouraged to provide as much advance notice as possible to the facility prior to a visit to help ensure that their request for special assistance may be met. Service animals are allowed in all facilities.

Children – Age Allowances

- 10 Years and Younger
 - Must be directly supervised by an adult 18 years or older at all times unless visiting Kid's Corner or in a Youth Fitness class
 - Cannot be in the fitness equipment area or sauna
- 11 Years
 - Have use of Gymnasium and the walking track unsupervised
 - Cannot be in the pool area without the direct supervision of an adult 18 years or older
 - Cannot be in the fitness equipment area or sauna
- 12 Years
 - Have use of the gym, track, and pool unsupervised
 - Cannot be in the fitness equipment area or sauna
- 13 Years
 - Have use of the gym, indoor track, and pool unsupervised
 - Have use of the equipment on the fitness level if directly supervised by an adult 18 years or older
 - Cannot be in the sauna
- 14 Years
 - Have use of the gymnasium, indoor track, and pool unsupervised

- Have use of the equipment on the fitness level if directly supervised by an adult 18 years or older
- Can be in the sauna if accompanied by an adult 18 years or older
- 15 Years and Older
 - Have full use of the Wellness Center except the sauna (14-17 may use the sauna if accompanied by an adult 18 years or older)

Pets

Except for registered service animals, pets are prohibited in all facilities

Fitness Level – 2nd Story

- Please share equipment in a respectful manner
- Wipe down equipment after use
- Replace dumbbells and re-rack weights immediately after each use
- Clothing with metal rivets is prohibited
- Limit the use of cologne and perfume for the comfort of others
- Place gym bags on shelf provided or in the locker room
- No strollers in the 2nd Story Fitness area, but strollers are allowed in use around the walking track.

The Garage Fitness Facility

- Equipment may not be reserved
- Equipment of any type must be wiped down after each use
- Chalk is permitted, Garage Users are expected to clean up excessive chalk spills
- All equipment must be used in the manner for which it is designed. Standing or stepping up on weight benches, hanging upside down from equipment, dropping weight bars, etc. is strictly prohibited
- Individuals are responsible for checking equipment prior to each use. Broken or damaged equipment and/or equipment malfunctions should be reported to the (HBWC) team immediately
- All equipment should be returned to the racks immediately following use
- Spotters are strongly recommended while using free weights
- The use of excessive weight is discouraged
- Personal training other than that which is scheduled through (HBWC) is prohibited
- Report all injuries to (HBWC) team members immediately
- Spitting is prohibited
- Other activities deemed unsafe or inappropriate by (HBWC) team members will not be allowed

Gymnasium

- Since all games are self-officiated and self-monitored, good sportsmanship and proper conduct are expected at all times. (HBWC) team members reserve the right to modify games based on participant needs
- Some scheduled activities on the courts may take priority of open recreation
- Grabbing or hanging on the nets or rims is prohibited
- Throwing objects, including balls, against the walls, bleachers and lights is not allowed

Fitness Classes

- All small group fitness classes are subject to a class fee, see fee schedule for details
 - All class fees must be paid in full prior to class participation
- ABSOLUTELY NO STROLLERS IN CLASS
- Instructors reserve the right to excuse a class participant from the facility

- (HBWC) Wellness Manager reserves the right to alter or cancel classes at any time if class participation numbers become too low

General Pool Rules

- Patrons are encouraged to shower before entering the pool
- Parents and/or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and respond in the case of an emergency
- Dry off before you exit the pool deck
- No running on pool deck, hallways, or inside locker rooms
- Do dunking, splashing, or horseplay in pools
- Appropriate swim attire required at all times
- Use caution walking through hallways and the locker rooms
- All children 3 years and under MUST wear a swim diaper
- Food, gum, and glass containers are prohibited in the pool areas
- Children 12 years and older are allowed to use the pool without the supervision of a parent and/or guardian
- Children 11 years and younger must be supervised by an adult and/or guardian 18 years of age or older and they must be in the same pool room as the child

Sauna

- Must be 18 years or older, young ages 14-17 may enter Sauna with a parent and/or guardian present
- Patrons using prescription medications should consult their physician prior to using Sauna
- Please shower before entering Sauna
- Please wear appropriate swim attire or workout clothes while using Sauna
- All jewelry must be removed
- Sauna is of the dry heat variety, please do not add water to the equipment
- Sauna use should be kept to a 15 maximum
- Capped Water bottles permitted, no food and other drinks allowed in Sauna

Recreation Pool

- Pool Staff has the authority to implement and enforce rules that are more stringent or that supplement those listed, based on the pool environment for your safety
- Floatation devices are not allowed in the Lazy River or Basketball areas
- Hanging or playing on the railings or steps is not permitted
- Running, rough play, pushing, splashing, or horseplay is strictly prohibited
- Proper swim attire required at all times. Cut-offs, underclothes, proactive or see-thru swim attire is strictly prohibited
- All NON-SWIMMERS MUST be within an arm's reach of an adult at least 18 years or older at all times

Water Slides

- Riders must abide by all rules posted at the stair entrance to the slides
- No goggles allowed on the slides
- No glasses and/or sunglasses permitted at any time on water slides
- Riders must abide by the lifeguards at all times
- Riders must be in a prone position on your back, hands clasped behind the head when riding down the slides. At no time should a rider set up during the ride
- Those suffering from heart disease, high blood pressure, or persons using prescription medication should consult their physician prior to using the water slides

Lap Pool

- Pool Staff has the authority to implement and enforce rules that are more stringent or that supplement those listed based on the pool environment for your safety
- Floatation devices are STRICTLY PROHIBITED
- Hanging or playing on the railings or steps is not permitted
- Stairs and ladders must be left free at all times unless entering or exiting the pool
- Running, rough play, pushing, splashing, or horseplay is strictly prohibited
- Proper swim attire required at all times. Cut-offs, underclothes, proactive or see-thru swim attire is strictly prohibited
- All NON-SWIMMERS MUST be within an arm's reach of an adult at least 18 years or older at all times
- Starting blocks may only be used by members of the swim teams contracted with HBWC during practice times ONLY
- Standing, hanging, or laying on the lane lines is strictly prohibited

Lap Pool Diving Board

- 1 Bounce per dive attempt strictly enforced
- 1 patron at a time, next in line must observe clear water prior to dive attempt
- Patrons enter the diving board equipment at their own risk
- Parents and/or guardian may NOT catch kids off the diving board
- Goggles and Face Masks are NOT permitted off the diving board
- Diving allowed in Deep end of the pool only
- Patrons must dive straight out from the end of the diving board. No jumping to the side is allowed
- Hanging on the end of the diving board is not allowed
- Divers should swim to the ladder when lap lanes are not in use
- Divers should swim to the wall beside the diving board when the lap lanes are in use

Kid's Corner

- Children 3 months to 10 years are allowed to visit
- HBWC reserves the right to remove children who are perceived to pose a danger to themselves or to others
- Each child must have an information sheet, including emergency contact, on file before they can be left in Kid's Corner
- The parent must sign their full name and child's name, along with where they will be during the child's visit, each time they visit Kid's Corner
- If someone other than the parent is bringing the child to Kid's Corner there must be written permission on the information sheet from the child's parent
- Parents must remain in the Wellness Center or on the outdoor track. If utilizing the outdoor track the parent must leave their cell phone number with Kid's Corner staff
- There is a two hour time limit for a child's stay in Kid's Corner. If pick-up time is more than 5 minutes past the hour, the parent will need to pay for another hourly visit
- If someone other than the parent that signed the child in is going to pick the child up, there must be prior authorization. A photo ID is required to pick the child up
- All belongings must be labeled with the child's name
- Parents are responsible for changing diapers. Diapers must be changed in the restroom or locker room facility
- Children should use the restroom or have their diaper changed prior to check in. If a child must use the restroom or requires a diaper change during their stay, the parent will be contacted to assist the child
- HBWC staff members will not administer medicine
- Parents will be called in if a child cannot be comforted and/or is crying extensively
- Appropriate dress, i.e., shirts and shoes are required

- Children may bring snacks or drinks; however, never anything with nuts. Drinks must be enclosed in a plastic container. All food items and drinks must be labeled with the child's name

Harassment

Harassment is an unpleasant or hostile situation created by uninvited or unwelcome verbal or physical conduct.

- All harassment claims must be reported to a (HBWC) team member immediately and will be documented as part of the member's file
- All harassment claims will be thoroughly investigated and treated in a serious manner
 - During an investigation, the patron being investigated will be temporarily suspended until the outcome of the investigation is determined
- All confirmed harassment claims will be subject to the High Blue Wellness Center Code of Conduct Disciplinary Policy

HIGH BLUE WELLNESS CENTER
CODE OF CONDUCT DISCIPLINARY POLICY

The purpose of the High Blue Wellness Center Code of Conduct Disciplinary Policy is to provide each patron of the facility a safe and fun-filled family environment with consistent practices for dealing with Code of Conduct infractions.

Disciplinary action will be taken for individuals who violate the High Blue Wellness General Rules and Policies on Code of Conduct. If the severity of the incident is deemed more serious in nature, a stricter penalty may be enforced beyond what is listed, and an indefinite termination of facility use can be given immediately, as authorized by the Parks and Recreation Director and/or the Belton Park Board.

ACTION	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
*Insubordination of HBWC Staff *Foul & Abusive Language *Disregard to General Rules *Loitering *Disrespectful Comments or Gestures toward staff and/or others	<i>Remainder of day</i>	30 Days	365 Days
*Facility Abuse	1 Week	30 Days	180 days
*Fighting (both parties will receive discipline) The aggressor may receive a greater penalty The decision will be at the HBWC Manager's discretion based on the facts surrounding the incident.	30 Days	180 days	365 days
*Under the influence of and/or possession of alcohol, tobacco, and illegal drugs	30 days	180 days	365 day
*Proven Theft *Intentional Vandalism to facility or property	<i>Indefinite</i>	<i>Indefinite</i>	<i>Indefinite</i>
*Possession of Knife	60 Days	365 Days	<i>Indefinite</i>
*Possession of Firearm	<i>Indefinite</i>	<i>Indefinite</i>	<i>Indefinite</i>
*Proven Locker Room photography or video	<i>Indefinite</i>	<i>Indefinite</i>	<i>Indefinite</i>

*Staff must complete an incident form for each occurrence to be placed in member file

* The Police should be notified for all illegal activity, knife, and Firearm incidents. Belton Parks Director shall be notified each time the police are contacted

*All theft complaints shall be forwarded to Belton Police Department and treated as a civil matter. HBWC will fill out an incident report and staff will request a report from BPD as follow up

*HBWC staff will dispatch FIRE/EMS in the event a serious injury has occurred to members

*Belton Parks & Recreation will not REFUND OR WAIVE THE 30 DAY NOTICE TO TERMINATE MEMBERSHIP requirement to any member for ANY REASON including members who have been suspended.