

## Field House

- The walking / jogging track will have an established traffic direction each day. The inner 2 lanes are reserved for walking, with the outer 4 lanes for jogging.
- Proper, non-scuffing gym shoes are required. In bad weather, please carry in your clean, dry, soft-soled shoes.
- Keep personal belongings locked in the locker room. Gym bags are not permitted in gym or on the track.
- Appropriate attire is required. Swim suits, sandals, or flip-flops are not permitted.
- Blood is not permitted on person or clothing.
- Profanity and fighting will not be tolerated.
- Dunking / hanging on the basketball rims / nets is prohibited.
- Only registered members may check out equipment.
- Water is permitted. All other food and beverages are prohibited, including gum, candy, and tobacco.
- Volleyball nets, pickleball nets, batting cages, and portable hoops are available but must be reserved and arranged at least 24 hours in advance.

