

YOUR RESPONSIBILITY CODE

Engaging in recreational activities is both beneficial and rewarding. The benefits of exercising can be enjoyed in many ways. However, any physical activity, including those conducted within a recreational facility, carries with it some risk of harm, no matter how prudently and carefully services may be provided. Common sense and personal awareness can greatly reduce the elements of risk in engaging in physical activities.

Observe the code listed below and share with other patrons the responsibility for a great physical activity experience. The following guidelines are some basic elements of common sense and courtesy and are applicable to all areas of this facility.

1. **KNOW YOUR PHYSICAL LIMITATIONS.** You are responsible for knowing your limitations. Consult with a physician before participating in recreational and sports activities.
2. **KNOW YOUR PHYSICAL ABILITIES.** You are responsible for knowing your abilities and participating in activities that are within the scope of your abilities.
3. **USE COMMON SENSE.** You are responsible for using common sense at all times. Please ask facility personnel to assist you if you are unsure of how a piece of equipment works or if you need general assistance.
4. **CHECK EQUIPMENT AND PLAYING SURFACES.** You are responsible for checking that any equipment you use is in working order and set properly for your use before you use it. You are further responsible for checking all playing surfaces (including boards) before using them to confirm that they are in good condition and safe for your use. If you encounter any problems, you are responsible for reporting the problem(s) to facility personnel immediately.
5. **RESPECT THE FACILITY.** No hanging on goals or abuse of equipment. No food or gum on the playing surface. No walking on or across netting, goals or playing surfaces.
6. **BE CAREFUL.** Be aware of your surroundings and the presence of other patrons.
7. **PROPER ATTIRE.** Proper attire must be worn in the facility. No cleats: turf shoes or athletic shoes only.
8. **BE COURTEOUS TO OTHERS.** No profanity, disruptive behavior or fighting. No spitting, smoking, tobacco or alcohol. Respect other participants and the facility staff. Failure to do so will result in immediate expulsion from the premises.
9. **INJURIES.** You are responsible for reporting all injuries to a facility staff member. Report all observed hazards to facility personnel immediately.
10. **OBSERVE CLUB RULES.** Obey facility personnel and all posted signs.

This is just a partial list. Be safety conscious. The facility's personnel cannot guarantee your safety and cannot protect you from injury. **YOU ARE RESPONSIBLE FOR YOUR PERSONAL SAFETY.** It is **YOUR RESPONSIBILITY** to use common sense and know your physical capabilities and limitations. Failure to use good judgment, participate responsibly, or follow Your Responsibility Code may result in injury and will result in the loss of facility privileges.