

RECREATION CENTER

MARTIAL ARTS TRAINING GUIDELINES



- Make sure to wrap your hands/wrists before using punching bag to avoid injury. Boxing gloves are available at Service Center.
- Athletic attire must be worn at all times.
 - Must wear a t-shirt at all times; this helps us prevent bacteria and disease transmission.
 - Jeans/denim or cargo shorts/pants are strictly prohibited; this helps us avoid damaging the equipment.
 - Shoes must be protective closed-toe shoes (no sandals, flip flops, clogs, or boots) when using sled or punching bags.
 - Shoes must be removed while using the mat.
- Drinks must be in closed plastic containers.
- All injuries, incidents, accidents, or equipment malfunctions must be reported to Recreation Center Staff.
- Food and gum are prohibited.
- Patrons must wipe down equipment before and after use. Maintenance towels stations are available on site.
- Personal belongings are to be placed by the cubbies located by Racquetball Court 2 or Basketball Court 3. The Recreation Center is NOT responsible for lost or stolen items.
- Sled attachments and weights must be RE-RACKED after each use.
- Do not move equipment from its intended location.
- When using sled, be aware of the wall and glass. *Note: Make sure to stop pushing/pulling when you reach the designated areas.
- Do NOT hang from punching bags or frame.
- Use of cameras and video equipment must be approved in advance by Recreation Center Staff.
- Headphones must be used with all personal music devices. No portable speakers allowed.
- Staff is responsible for supervising a safe environment. Any individual not fully complying with the guidelines may be asked to vacate the premises.
- Exercise at your own risk.