



Policies and Procedures Iredell County Recreation Center

We are excited to have you as a part of Iredell County Parks and Recreation. To help make the facility as safe and enjoyable and possible, we have developed these policies and procedures. Please help us enforce them. Contact us if you see areas in which we can improve.

Recreation Center Hours of Operation

Monday-Thursday: 5:30 am - 9:00 pm

Friday: 5:30 am - 7:00 pm

Saturday: 8:00 am - 4:00 pm

Sunday: 1:00 pm - 6:00 pm

Contact Information:

(704) 878-3103 – main line / (704) 832-2321 – fax

Physical Address:

122 Grannis Lane, Statesville, NC 28677

Mailing Address:

Post Office Box 788

Statesville, North Carolina 28687

Recreation Administrative Office: Monday-Friday, 8am-5pm

123 Grannis Lane, Statesville, NC 28677

GENERAL RULES AND REGULATIONS

1. Patrons should consult with a physician to determine exercise limitations before beginning an exercise routine.
2. Daily/drop-in fees or membership enrollment will apply. Visitors must present a photo ID and are required to create a user account in order to participate.
3. The Rec Center must have a signed waiver on file, prior to participation. Participation will require acknowledgment of the "Membership Agreement", "Policies and Procedures", and "Participant Agreement, Waivers, and Release of Liability" (parent/legal guardian must sign for those under 18. Anyone 18 years of age or older who has a cognitive disability that renders their sole signature non-binding on the waiver agreement (legally incapacitated) must have a legal guardian or legal representative sign the waiver on their behalf). See front desk for more information.
4. Sign in or scan card at front desk before using the facility.
5. Access is permitted to the Rec Center for Monthly or Annual members with a valid Rec Center Membership card (key tag). Lost membership cards cost \$3 to replace.
6. All members are required to have a photo on file.
7. Iredell County staff are not responsible for children who are left unsupervised.
8. All participants are expect to adhere to policies and procedures regardless of age.
9. Please report all injuries and equipment issues/failures immediately to staff.
10. Please supply a towel for your personal use. Shower shoes are recommended for use in the locker rooms and showers.
11. Alcohol, tobacco, and controlled substances are prohibited in the facility and on facility grounds, including No chewing, dipping, or vaping.
12. Food and drinks are not allowed in the Fitness Center or Gym. Water is permitted as long as it is in a container with a sealable top. No glass containers.
13. Bathing suits are not allowed in the fitness area or gym.
14. Responsible cell phone use is required. Please refrain from loud conversations, playing music without headphones/earbuds or taking photos of others without their consent.
15. The Rec Center is not responsible for lost, stolen or damaged items.
16. Profane language will not be tolerated.
17. Sexual harassment or offensive behavior of any kind will not be tolerated in the Rec Center. Please report any behavior that you feel is inappropriate.
18. Violation of any rules or regulations could lead to suspension of user privileges or loss of eligibility to participate. Serious discipline problems will be dealt with by the Manager.
19. Iredell County Parks and Recreation reserves the right to revoke a membership at any time without reimbursement.
20. The Rec Center reserves the right to refuse service to any member who violates any rule or regulation or engages in any verbal and/or physical abuse with Rec Center staff or members.

FITNESS CENTER

1. Appropriate exercise attire is required at all times. Shirts must be worn at all times. No jeans, open-toed shoes, or dress shoes are permitted. Clothing that is appropriate for the activity and properly covers body parts should be worn.
2. Clean the equipment after use. Exercise wipes are located in the Fitness Center for your convenience.
3. Please observe a 30-minute time limit on cardio equipment to be courteous to members who are waiting.
4. Be courteous to other members when performing multiple sets on strength equipment. If you are using multiple machines, we ask that you share and allow people to “work in”. If you take extended breaks between sets or are having a conversation while sitting on a piece of equipment, please move away from the equipment to allow others to “work in”.
5. Equipment should be used with proper form and technique.
6. No chalk to be used on strength training equipment.
7. We ask that you rerack plates and dumbbells.
8. Do not drop weights or dumbbells on the floor or benches.
9. Do not place weights against the wall, mirrors, benches or other equipment.
10. Weight collards (weight restraining devices) are required at all times.
11. It is recommended to use a spotter when performing lifts.
12. Radios, Music players, and/or CD players are not permitted unless they are personal units equipped with earphones (iPods, MP3 player, etc.)
13. Please leave gym bags and personal belongings in the locker room. The locker rooms are located near the Fitness Center for your convenience. We strongly recommend you bring a lock to use on the locker. Locks are not provided and cannot be left on lockers overnight.
14. Children under age 12 are not allowed in the Fitness Center. Participants ages 12-13 must always be actively exercising with parent/legal guardian at **ALL TIMES**. Participants ages 14-15 must be accompanied by a responsible parent/guardian in the fitness area, OR they must complete the "Youth Fitness Orientation" with the Fitness Center staff and a legal parent/guardian. Staff member, youth and parent will sign the verification of training.
 - 12 and 13 year olds exercising rules.
 - All policies and procedures apply to this age group.
 - Waiver signed by parent/legal guardian on behalf of child.
 - Same policy as all waivers for youth.
 - In addition, we require:
 - A doctor’s letter clearing the child for physical activity.
 - A parent/legal guardian must be actively exercising with the child.
 - Not on separate areas of the center.
 - A friend of the child may not workout with the parent of the friend. Must have parent.
 - Siblings, friends, and other parents may not substitute for a parent/legal guardian.

- This age group is not to use the free weights and dumbbells. Access only to cardiovascular and assisted weight stations.
- Required to go through fitness center orientation.
 - We can schedule these for twice a month
- No access to group exercise.

15. If you are interested in a Personal Trainer, please contact the Recreation Center Manager. All personal trainers must be on contract with the Iredell County Recreation Center.

GYMNASIUM RULES

1. Food and drinks are not allowed in the Gym. Water is permitted as long as it is in a container with a sealable top. No glass containers.
2. Players are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
3. Non-marking shoes are required on the gym floor; street shoes are not allowed.
4. Please keep the walking track clear. Do not pile bags and clothing along the track.
5. No hanging on basketball rims, pulling on nets, or smacking the backboards.
6. Children under age 12 are not allowed in the Fitness Center, but may use the gym with a family membership or daily entry fee (if available).
7. Participants must be at least 10 years old to use the gym without a parent/guardian in the gym, however a parent/guardian must remain in the building (does not apply for chaperoned youth team/group events).
8. Daily rates will apply for youth gym use, if not part of a Family Membership or Group Reservation.
9. Once a participant reaches age 14, they may use the gym and/or Fitness Center without a parent/guardian on-site (Parent/guardian will need to register anyone under age 18). Daily rates will apply, or they will need a Membership (Individual Membership, or need to be included in a Family Membership).
 - Ages 12 and 13 must be actively working out with parent/guardian, complete a fitness center orientation and provide a doctor's clearance for exercise.
10. Children under age 10 must be accompanied by the parent/guardian in the gym, or they will be required to utilize Child Watch (during Child Watch hours). Child Watch is included at no charge, for an Annual Family Membership. Daily rates for Child Watch will apply for non-members or monthly memberships.

POOL RULES

1. Children 12 years old or younger must be supervised by a parent or responsible guardian at all times.
2. Patrons are not permitted to bring food and drinks into the pool. No coolers are allowed. Iredell County Parks and Recreation Department reserves the right to inspect baggage or carry-in parcels.

3. Swim Diapers are required for all children not yet toilet trained.
4. No glass containers in or around pool.
5. No pets allowed, unless service animal.
6. Appropriate swimwear required. NO thong suits, cut-off jeans, swimming suits with buckles or rivets and other metal or sharp objects allowed.
7. Swimwear allowed in locker room and pool area only.
8. Please shower before entering the pool.
9. No running, rough play, or diving. No Horseplay!
10. Swim only when lifeguard is on duty.
11. Inflatable flotation devices are prohibited. Excluding Coast Guard approved "swimmies".
12. Persons with bandages, open cuts, wounds or communicable diseases are not allowed in the pool.
13. Iredell County Recreation Department reserves the right to deny access to the pool for reasonable cause.
14. Inclement weather. If after 30 minutes of arrival and pool use is suspended due to inclement weather a rain check will be given.

ADMISSION & MEMBERSHIPS

General Membership Guidelines

- A registered "member" (or "family member") age 12 and up will receive a membership card, with a number specific to that user. These cards will need to be scanned upon entry. Children under 12 will not receive a membership card, and they must attend with a card-carrying family member (Family Memberships only). (Replacement card = \$3)
- Individual memberships are not available for those under age 14. Daily/drop-in rates will apply for gym use (if available), or children under age 14 may be included in a Family Membership at no charge.
- Daily Admission/Drop-In rates will be required for anyone without a membership. Fees may be charged for items that are not included in a membership (ex: pool admission or Child Watch are not included with Monthly Memberships)
- For members/drop in participants requiring the assistance of a caregiver: the caregiver may enter the facility at no cost while assisting the member/drop-in participant. A membership or drop-in fee is required for any caregiver that is using the equipment and services of the Recreation Center for personal benefit. A liability waiver signature is required.

Joining Fee

A \$10 Joining Fee is required for all new memberships (1 per Individual Membership or 1 per "Family" with a Family Membership). Joining fee will not be charged again as long as the membership remains active, and there is not a gap in membership longer than 90 days. Annual or Monthly Memberships will have the Joining Fee charged at time of enrollment/payment.

Types of Memberships

- **Adult: Ages 18-54**
- **Youth: Ages 14-17** (Adult parent/guardian must register and sign for anyone under age 18)
- **Senior: Ages 55+**
- **Military/First Responder: Ages 18+, ID required** (Age 55+ could select a Senior Membership)
 - Military can be active service or retired/veteran members for any Government Military Branch (Army, Navy, Marines, Air Force, Coast Guard, National Guard, etc). First Responders include active or retired/veteran employee or volunteer members with the following services: Police/Sheriff, Fire, Emergency Medical Service, and Rescue Squad.
 - Military/First Responder Rates are only extended to the individual service member. Regular family rates will apply for a Family Membership.
- **Family**
 - Family memberships include up to 3 people (ages 14 and over) living in the same household/address (proof of address may be requested). Children under age 14 can be included for free with a family membership, and do not count towards the 3 “family members”.
 - Family memberships are required in order for children under 14 to have access to the gym at no charge.
 - An *Annual Family* Membership must be purchased in order for children under 14 to be included in pool access, even if there is only one adult in the household.
- **Family Add-On Membership**
 - Add-on memberships (for additional family members ages 14+) can be added to a Family Membership for a fee (annual or monthly).
 - Add-ons to a family membership are contingent upon a base family membership, and add-ons will expire on the same date as the base membership (not pro-rated, or extended beyond the base membership expiration).
 - If a Family Membership is cancelled, the Add-On Membership will be cancelled also.
 - Add-on Memberships are required to pay the Joining Fee on initial registration (in addition to the Joining Fee for the base Family Membership).

Membership Lengths

ANNUAL memberships are for 365 days and must be paid in full at time of registration to get the annual rate.

- Includes Fitness Center, Group Exercise Classes, Gym use, Locker rooms with showers, Child Watch, and admission to the Outdoor Pool (seasonal), for the member (ages 12 and older).
- An *Annual Family* Membership must be purchased in order for children or other family members to be included in pool access, even if there is only one adult in the household.

MONTHLY memberships expire 30 days from date of purchase, and will automatically renew and automatically charge payment at the end of the 30 day period (unless cancelled by the member 15 days prior). A valid credit card is required to be kept on file for monthly memberships.

- Includes Fitness Center, Group Exercise Classes, Gym use, and Locker rooms with showers, for ages 12 and older. Group Exercise is for ages 18+. Ages 12 and 13 must actively be working out with parent/legal guardian, provide doctor’s clearance and go through fitness center orientation.
- ***Please note that Child Watch and entry for the seasonal Outdoor Pool are NOT included in monthly memberships.***

Membership Type		
\$10 Joining Fee required for all new memberships	Monthly Rate (Auto-Bill)	Annual Rate (Pay in Full)
Adult (18-54)	\$25	\$275
Youth (14-17)	\$16	\$175
Senior (55+)	\$16	\$175
Military or First Responder (ID Req'd)	\$16	\$175
Family	\$32	\$350
Family add-on (age 14+)	\$10	\$70
Virtual Ages 18+***	\$10	N/A

****Virtual members receive weekly group exercise videos to follow along with at home.**

Other rates/discounts may be offered for corporate groups / employees. Company representatives should contact Iredell County Parks and Recreation for more information.

Registering for a Membership

- Fill out a Membership Application (PDF form) and return to Iredell County Parks & Recreation (ICPRD). This will allow us to set up a user account for you and any family members you include.
 - Copies are available to print at <https://www.co.iredell.nc.us/1285/>

NOTE: The PDF Membership Application is only temporary until online registration becomes available. Link will be listed when our online portal is operational.

- Membership Cards: Upon first visit, members will have their picture taken for their user account, and they will receive their Membership Card (key tag). Membership cards will be provided to members ages 12 and up, and will need to be scanned upon entry (replacement card = \$3)

Daily Admission/Drop-In

Daily admission for non-members is \$5 per day, per person, for ages 10 and up. A drop-in admission includes access to the Fitness Center, Group Exercise Classes, Gym use, and Locker Rooms with showers, for the day of admission. The Fitness Center is not available for participants under age 12. Ages 12 and 13 may use the Fitness Center but must be actively exercising with a parent/legal guardian, have doctor's clearance and go through fitness center orientation. Group exercise classes are for ages and 18 up (unless specified as available for younger ages). Ages 10-14 are permitted to use the gym area (if not reserved), however they must have a parent/guardian in the building.

Children under age 10 are required to be accompanied by a parent/guardian, or they must utilize Child Watch (during Child Watch hours).

Daily rates will apply for non-members or monthly memberships.

Child Watch

Available for ages 6 months through 10 years old. \$5 per child, per day. *Child Watch is included at no charge, with an Annual Membership, however is not included with Monthly Memberships (daily rates will apply).*

- Children are permitted to be in Child Watch for a maximum of 2 hours per day
- Must check-in/register for Child Watch at the front desk (pay if applicable).
- For security purposes, parents will also need to sign-in their child with the staff member at the Child Watch room upon drop-off, and sign-out upon pick-up.

- Parents must remain in the building at all times.
- Staff will not change diapers or manage restroom breaks. If your child needs to go to the restroom, parents will be contacted.
- Food and drinks are not permitted in the Child Watch room or gym areas.

Outdoor Pool

The Outdoor Pool is available seasonally, between Memorial Day weekend and Labor Day weekend. Daily rates or Season Pool passes will be available. Pool admission is included with an Annual Membership (for the member only with an individual membership, or may include family members with a Family Membership). Admission is available on a first-come, first-served basis. The pool may close due to inclement weather, maintenance, classes, etc. Reimbursements/rain checks are not given due to inclement weather. We reserve the right to limit entry, based on capacity, rule violation, etc.

Pool Rates		
<i>Pool admission included with an Annual Membership</i>	Daily	Season Pass
Individual (13 & Older)	\$5	\$125
Child (12 & Under)	\$4	N/A
Family	N/A	\$250
Group Rate* (15 or more people)	\$3	N/A

*Groups must have a reservation at least 2 weeks in advance in to receive a group rate.

Membership Agreement

- Memberships are non-refundable and non-transferable.
- Joining fees are non-refundable and non-transferable.
- All members are required to present a current, valid membership card for identification when using the Iredell County Recreation Center facility (hereafter called “Rec Center”).
- I understand that it is my responsibility to notify the Rec Center of my intent to cancel my membership in writing within fifteen (15) days before the end of the month prior to the next scheduled payment date.
- No membership dues will be refunded when facilities are not used.
- If the payment date falls on a date the merchant/bank does not process payments, the payment will be deducted on the next day the merchant/bank processes payments.
- If the specified payment type/account does not have sufficient available funds on the day the Iredell County Recreation Center attempts to process the payment or payment is otherwise declined, I will be responsible to the amount of the payment, plus any additional fees incurred.
- As a member of the Rec Center you agree to follow the policies, procedures and appropriate behaviors as set forth in the Policies and Procedures, and hereby acknowledge receipt of the Policies and Procedures for all account members.
- Members acknowledge that certain facilities within the Rec Center (i.e. gym, child watch, pool, etc.) may be limited in availability due to reservations and/or specific operating hours.
- Members further acknowledge that the Rec Center is not expected to be fully operational until Feb 1, 2019 and consideration has been given for limited use in the month of January.

Participant Agreement, Waivers, and Release of Liability

In consideration of my (or my child's) participation in an Iredell County Parks & Recreation Department activity, I hereby voluntarily release, discharge, and agree to indemnify and hold harmless, on behalf of myself, my heirs, assigns, or personal representatives, Iredell County, their agents, assistants, officers, employees, volunteers, cosponsors and all other persons or entities acting in any capacity on their behalf from any and all claims, losses, injuries, and damages of any nature, including but not limited to, property damage and personal injury or death, attorneys' fees and costs, which may arise from, relate to, or result because of my (or my child's) participation in this experience.

Knowing that there are inherent risks, dangers, and rigors involved in the activities, I certify that I (or my child) am fully capable of participating in the activities and assume all risks of participation. I acknowledge and assume full responsibility for the known, unknown and unanticipated risks including, but not limited to those which could result in my physical or emotional injury, paralysis, death, loss or damage to personal property, to third parties and any expenses arising out of my participation.

I certify that I (or my child) have adequate insurance to cover any claim, injury or damage I (or my child) may cause or suffer while participating, or else I agree to bear the cost of such injury or damage myself. Damage and/or destruction of property may result in repair and/or replacement fees billed directly to myself (i.e. the responsible party).

I further certify that I (or my child) have no medical, physical, or mental condition, which could interfere with my safety or the safety of others in this activity.

I (or my child) also agree to follow all rules, instructions, and safety guidelines provided by Iredell County and the above named parties, and understand that I (or my child) may be dismissed from participating, for refusing to follow those guidelines and instructions.

Drugs/Alcohol: I (or my child) agree not to use alcohol, tobacco, illegal drugs, or prescription drugs that have not been prescribed by a medical doctor to treat a current medical condition, during the event, while on county property, or at any time that may affect my (or my child's) ability to participate in the event.

Media: I do hereby grant and give Iredell County the right to use my (or my child's) photograph or image with or without my name (names with permission for my child), both singly and in conjunction with other persons or objects and presentations, advertising, publicity, and promotion relating thereto.

Transportation (if applicable): I do hereby grant and give Iredell County the right to transport me (or my child) to/from program sites by properly licensed staff. I am aware that I (or my child) must wear a seatbelt at all times when riding in a County owned/operated vehicle.

Emergency Care: In the event of an accident or emergency that renders me unable to communicate (or for care of my child when I am unreachable), I grant my permission for any medical care, operations, and/or anesthesia, which might become necessary.

In all circumstances, Iredell County retains full authority for final approval and denial of activity registrations and/or facility reservation requests.

Current and/or future participation in Iredell County activities and/or facility usage may be cancelled without refund for the following items, including, but not limited to:

- Unseemly conduct including failure to follow rules, policies and procedures, general disruptive behavior, inappropriate language or attire, and/or verbal/physical altercations

- Health violations (spitting, smoking, etc.)
- Abuse of staff, program participants, property, or equipment
- Negligent or delinquent in remitting payment
- Use or possession of illegal drugs and/or alcohol, or violation of the Iredell County Smoke-Free Policy
- Use or possession of weapons or other dangerous items

Any formal problems, questions or concerns regarding the Recreation Center should be reported to James Huffman, Recreation Center Manager, or submitted in writing or emailed to James.Huffman@co.iredell.nc.us. Clearly indicate the issue being addressed and be sure to include your name and phone number. All submissions will be carefully reviewed.