



# **RULES AND REGULATIONS**

## **District Code of Conduct**

Patrons are encouraged to behave in an appropriate manner and should act in a way that will not injure another person physically or emotionally. Individuals who do not abide by facility and program standards may be asked to leave the facility and/or withdraw from a program. Actions interfering with or disrupting the Trails Recreation staff while trying to provide a safe and secure family environment will be cause for expulsion from all District facilities.

Patrons expelled from facilities or programs will **NOT** receive a refund.

## **Establishing Residency**

If you pay taxes to the District you are entitled to reduced rates at any District facility. A photo ID can be acquired at the Trails Recreation Center for \$5.00/person or \$10.00/family and is valid for 3 years. A current Arapahoe County tax statement, a valid driver's license or mail addressed to you from your Utility Company is what we will accept to show proof of residency. Resident's must present a current District ID card to receive District rates.

## **Check In Process**

Anyone coming in for a day pass will need to have an existing account set up in Amilia or will need to provide information for a new account. Your name and email address will be required. In order to receive District rates we will need to establish residency with a driver's license or mail addressed to you from your Utility Company. For quick and easy access to the facility using your membership we recommend you download the app from Amilia for scanning your account. We will continue to look up information on those individuals with a picture ID who have not downloaded the app.

## **Facility Age Requirements**

Children 9 years of age and younger must be directly supervised in the facility by a parent or guardian 18 years or older. Those that are not directly supervised must be in the nursery or in a structured program. Children 10 - 12 years of age must have a responsible individual 16 years of age or older in the facility. The center is not intended to act as a baby-sitting service or substitute for licensed daycare. Parents who permit children 12 years of age and younger to remain unsupervised at the Trails Recreation Center assume and bear full responsibility for all risks of harm to such children.

## **Visitors/Spectators**

Relatives and/or friends may visit the facility to observe a structured activity or program at no cost, but may not use the center for recreational activities at this time. Individuals coming in to utilize the public restrooms, phone or vending areas only are expected to leave the facility immediately after use. No trespassing is allowed at the facility.

## **Outside Use**

No District facility may be used to conduct any activity, program or other event by any business or person without express written consent of APRD Management. Examples of such activities include, but are not limited to, personal trainers (not on payroll by APRD), seminars or flyer distribution. (Please see our on premises training policy for situations relating to non-employees teaching lessons or personal training).

## **Incidents/Accidents**

Arapahoe Park and Recreation District is not responsible for any accident, damage to vehicles and/or theft of belongings occurring on property owned and operated by APRD.

## **Handicap Parking**

The Trails has seven (7) handicap parking spaces conspicuously marked southwest of the entrance to the facility. All vehicles parking in these spaces must display a current disabled placard/license. Reasonable effort will be made to identify and contact individuals belonging to vehicles found in these spaces without the proper permit. If the driver cannot be found, Arapahoe County Sheriff's

Department will be notified and/or arrangements will be made to have the vehicle towed at the owner's expense.

### **Injury Accidents in Facility**

If a child 17 years and younger is injured in the facility and parents are unavailable, it is at the discretion of District staff to notify EMS dependent upon the injury. If there are any questions as to the severity of an injury, staff will automatically call 911.

### **Inappropriate Behavior**

Patrons not following policies or procedures, dependant upon the infraction, will be asked to leave the facility for the day. Continual disruption by the same patron may lead to an extended suspension period from the center. A trespass notice will be issued to the individual as well as the Arapahoe County Sheriff's Department. Parents of children 17 years old and younger will be notified by writing if possible. **No refunds will be given during the suspension period.**

### **Hours of Operation**

Monday – Thursday	5 am – 9 pm
Friday	5 am – 8 pm
Saturday	7 am – 5 pm
Sunday	7 am – 5 pm

\*Hours may change due to programming or for holiday scheduling. The pools and gymnasium close 30 minutes prior to the facility.

### **Animals**

No animals will be allowed in Trails Recreation Center with the exception of trained assist animals. Trained assist animals must be under control by means of leash or tether.

### **Food and Drinks**

Food and drinks will be allowed in designated areas only including the front lobby, game room and the aquatics area. Glass bottles and containers are not allowed at anytime, anywhere inside or outside the perimeter of the recreation facility.

### **Alcohol Policy**

The possession or consumption of alcoholic beverages on the premises of the Trails Recreation Center is strictly prohibited. Persons appearing to be impaired from the consumption of alcohol will be denied access to, or directed to leave, the Trails Recreation Center.

### **Drug Policy**

The possession or consumption of illegal substances on the premises of the Trails Recreation Center is strictly prohibited. Persons possessing, consuming or appearing to be impaired from the consumption of illegal substances will be denied access to, or directed to leave, the Trails Recreation Center.

Persons appearing to be impaired from the consumption of any legal substance or medication (including medications prescribed by a doctor or over-the-counter medication) to the extent that they pose a danger to themselves or to others will be denied access to, or directed to leave, the Trails Recreation Center.

### **Lockers**

All lockers are bring your own lock secured. Please be sure your lockers are locked prior to leaving the locker area. Lockers are day use only (no rental lockers are available). Locks must be removed from lockers prior to the facility closing each day. All remaining locks will be cut off and contents will be placed in the Trails Recreation Center lost and found. Locks can be purchased from the Trails pro shop.

## **Lost & Found**

APRD and Trails Recreation Center is not responsible for lost or stolen articles. Information regarding lost items cannot be given over the phone. All lost articles must be identified and picked up in person. Lost and found items will be held for a period of fourteen (14) days and then be donated to a local charity.

## **Program Registration**

There are four ways to register for classes: online or walk-in. Online registration is the fastest and easiest way to register and will get participants in their designated class at the time of registration. Registration fees do not include use of the facility before and after classes.

## **Refunds/Credit Vouchers**

Once the Trails Recreation Center begins processing payments for programs and passes, the following policy will apply:

- A full credit or refund check will be issued without administrative fees when a cancellation is made by the recreation center, a proven hardship has occurred, a documented medical/health situation arises or the participant (family member) has been relocated. Please allow 2-3 weeks for a refund check.
- No cash refunds will be issued.
- Administration/cancellation fees will be assessed should a participant cancel out of a class with less than 72 hours notice.
- Anytime a participant must withdraw from a class, a credit will be issued.
- Credits issued after the program has begun will be prorated.
- Activities may be cancelled or consolidated if minimum enrollment figures are not met by the established deadline.

## **GENERAL RULES AND REGULATIONS:**

### **Facility**

- Prior to using the facility, all participants must have an account in the Amilia recreation software used by the Trails Recreation Center. Participants must have a valid pass or registration confirmation to enter the facility or a daily fee must be paid
- Children 9 years of age or younger must be in a supervised program or be directly supervised by a parent or guardian (18 years or older) to be in the facility.
- Children 10 - 12 years of age or younger must be in a supervised program or have a **responsible** individual 16 years of age or older with them in the facility
- All patrons and participants are expected to behave appropriately and treat others with courtesy, dignity, and respect.
- Bicycles, skateboards, scooters, roller blades, etc. are not permitted in the recreation facility
- Only trained assist animals are permitted inside the recreation facility
- Consumption of food and/or drinks is limited to the lobby area, game room and aquatics area.
- Alcohol and/or drugs are not allowed anywhere on the premises.
- Glass bottles and containers are not allowed at anytime, anywhere inside or outside the perimeter of the recreation facility.
- Smoking and/or use of any type of smokeless tobacco are prohibited in the facility. Smoking is allowed only outside of the premises and must be done 15 feet away from the building according to Colorado law. Please deposit your cigarette butts in the designated ashtrays.

## **RULES & REGULATIONS SPECIFIC TO AREAS WITHIN THE FACILITY**

### **Climbing Wall**

- The Climbing Wall is available during posted hours only.
- All participants must sign the participant agreement, release and acknowledgement of risk form. Climbers and belayers under the age of 18 must have parent/legal guardian consent.
- Climbers 9 years of age and younger must have a parent or guardian 18 years of age or older at all times.
- Climbers 10 - 12 years of age and younger must have **responsible** individual (16 years of age or older) at all times.
- Groups of five (5) or more must go through a facility rental process
- Courtesy to others and appropriate use of language is expected
- No climbing is permitted without a spotter/belayer
- Proper climbing gear must be worn at all times
- Climbers must wear climbing shoes or athletic shoes with non-marking soles
- All jewelry must be removed prior to climbing or belaying
- All climbers climb at their own risk and are responsible for themselves and their children at all times
- Report any problems to the climbing wall staff on duty immediately
- Trails Recreation Center Staff reserves the right to dismiss any climber/belayer for unsafe practices and/or behavior

### **Gymnasium**

In order to provide a safe and pleasant family environment for all patrons, the Arapahoe Park and Recreation District has established a Code of Conduct for gym users. Please note that the Trails Recreation Staff will be enforcing a **ZERO TOLERANCE** policy when dealing with any conduct concerns in the gymnasium.

- Foul language is not acceptable under any circumstances and will not be tolerated
- Facility rules must be learned and abided by at all times
- Water in closed, re-sealable plastic containers is permitted. All other food and drink must be consumed in the lobby area, game room or aquatics area.
- No pushing, shoving or aggressive play is permitted
- No "trash talking," taunting, verbal intimidation or harassment of any kind will be allowed
- Fighting may result in disciplinary action up to and including a one year suspension or permanent expulsion from the Trails Recreation Center
- "Open Gym" and pick up game rules are posted and strictly enforced
- No dunking or hanging on rims and/or nets
- No full-court games are permitted during busy times
- Appropriate athletic attire must be worn. Soft soled, non-marking athletic shoes are required. Large or dangling jewelry is not recommended
- All personal belongings should be secured in a locker
- Soccer, baseball, football, Frisbee, Lacrosse and other activities deemed unsafe in a gymnasium environment are prohibited
- Do not lean, sit or pull on the divider curtain
- Scheduled APRD programs may take priority over open recreation. Do not disrupt classes, events or leagues
- Actions interfering with staff's ability to provide a safe environment will be cause for ejection

### **Racquetball Courts**

- Court Reservations may be made online at [www.trailsrecreationcenter.org](http://www.trailsrecreationcenter.org) or at the Front Desk. Reservations are 1 hour blocks only; 2 days in advance
- Soft soled, non marking athletic shoes must be worn at all times
- Protective eyewear must be worn at all times. Goggles can be checked out at the front desk
- No more than 4 people are permitted in courts for racquetball; 8 for wallyball

- Wallyball reservations may be made through the front desk
- Soccer, baseball, football, Frisbee, Lacrosse, Tennis and other activities deemed unsafe in a racquetball court environment are prohibited

### **Men's/Women's Locker Room**

- Children 5 years of age and older must use gender appropriate locker rooms or the family changing area
- Personal belongings should not be left in public areas. Please secure your items in a **locked** locker at all times
- Please report suspicious individuals and/or activity to facility staff
- Cell phone usage is not permitted in the locker room
- Food, drinks, glass containers or breakable objects are not permitted in the locker rooms
- Locks must be removed from lockers prior to the facility closing each day. All remaining locks will be cut off and contents will be placed in the Recreation Center lost & found
- Arapahoe Park and Recreation District and the Trails Recreation Center are not responsible for lost or stolen items

### **Family Changing Area**

- Personal belongings should not be left in public areas. Please secure your items in a **locked** locker at all times
- Cell phone usage is not permitted while in the family changing area
- Please report suspicious individuals and/or activity to facility staff
- Food, drinks, glass containers or breakable objects are not permitted in the changing area
- Locks must be removed from lockers prior to the facility closing each day. All remaining locks will be cut off and contents will be placed in the Trails Recreation Center lost & found
- Arapahoe Park and Recreation District and the Trails Recreation Center are not responsible for lost or stolen items

### **Track**

- Walk/Jog/Run in the designated lane and direction only
- Cautiously pass slower walkers/runners in the appropriate lane
- Appropriate running/walking shoes required. Proper workout attire is required (T-shirts, shorts, sweatpants, gym shoes – no jeans, flip flops or street shoes)
- Please do not use the track as an observation area for other facility activities
- No competitive racing or sprinting is allowed
- Baby joggers, snugglers and strollers are prohibited
- Enter and exit the track carefully, avoiding sudden stops
- No balls in, on or around the track including, but not limited to, basketballs, volleyballs, racquetballs, etc.
- **11 laps = 1 mile**

### **Nursery**

- Open to children 3 months to 9 years of age
- Service is available for a maximum of 2 hours per child
- Parents must properly sign their children in and out of the nursery
- Parents must remain within the recreation facility at all times while their child is in the nursery
- Sick children will not be allowed in the nursery
- Nursery staff cannot administer medications – please make sure this is taken care of prior to coming into the nursery
- Children will not be released to anyone other than the person who dropped them off unless special arrangements are made with the Nursery Staff. I.D.s will be required

### **Cardiovascular and Strength Areas**

- Patrons using equipment in this area do so at their own risk

- Children 12 years and younger are not allowed in the cardiovascular, circuit or free weight areas
- Children 13 and 14 years of age must be directly supervised by a **responsible** adult (18 years of age or older) to use the cardiovascular and/or circuit weight equipment
- Use of the free weight area is limited to patrons 15 years of age or older
- Observe proper weight room etiquette and demonstrate courtesy, dignity and respect towards others at all times
- Please allow others to work in on weight equipment between sets
- Patrons are asked to adhere to a 30-minute time limit for each piece of cardiovascular equipment while people are waiting
- For the health and comfort of all patrons, please wipe down each piece of equipment after use
- Do not bang or drop weight stacks and return free weights to racks after use
- Proper work-out attire is required (i.e. t-shirts, shorts, sweatpants, gym shoes – no jeans or street shoes).
- Shirts and/or supportive athletic apparel and closed-toe athletic shoes must be worn at all times
- Water in closed, re-sealable plastic containers is permitted. All other food and drink must be consumed in the lobby area, game room and aquatics area
- Weight Belts are recommended when using free weights
- Equipment orientations and personal trainings are available and encouraged for all first time patrons
- Personal belongings should be secured in locked lockers
- Misuse of and/or damage to equipment, foul language and unsafe or inappropriate behavior may result in immediate expulsion from the facility
- Immediately report any injuries or equipment malfunctions to facility staff

### **Group Fitness and Aerobics Rooms**

- Classroom doors are locked once class has begun, and no late entrance will be allowed.
- Please bring your own mat to class, as we do not supply them. Mats are available for purchase in our Pro Shop at the Front Desk.
- There are no regular spots, saved spots, regular bikes, etc. Equipment is available on a first-come, first-serve basis.
- Everyone must be treated with courtesy and respect, in accordance with the District's Code of Conduct.
- Shirts, shorts and non-marking athletic shoes must be worn at all times during classes
- Tobacco/Drugs/Alcohol will not be tolerated anywhere in the facility
- Water in closed, re-sealable plastic containers is permitted. All other food and drink must be consumed in the lobby area, game room and aquatics area
- Patrons are expected to maintain proper hygiene while using the aerobics rooms
- Cell phones are not permitted
- Courtesy to others and appropriate language is expected
- Patrons must be at least 15 years of age to attend a class, 13 and 14 year olds must be accompanied by a **responsible** adult (18 years or older) and be able to appropriately participate in the class
- Children and/or babies are not allowed to observe or sit in the back of the room
- Please register in advance for all group fitness class formats, as class size is limited. Registration can be made up to 75 hours before the class start time via our website.
- Please report any injuries or equipment malfunctions to the instructor
- Please do not tamper with the cycling class bikes or other program equipment
- Bringing a towel to class is highly recommended
- Trails staff reserve the right to cancel any classes based on our subjective discretion

**Group Fitness Classes are designed for those participants seeking a group workout with instruction, guidance, and expertise of a Group Fitness Instructor. It is our goal to keep**

**our classes safe for all participants. In doing so, patrons MUST follow the format provided by the Group Fitness Instructor with the appropriate & reasonable modifications to meet their needs. The upper & lower fitness floors are available for those interested in doing their own, individual workout.**

## **AQUATICS**

### **Unacceptable Swim Wear:**

- Basketball shorts are not allowed
- Jean shorts are not allowed
- Cargo shorts are not allowed
- Undergarments or sports bras in place of swimsuits are not allowed
- A swim diaper in absence of a swimsuit is not allowed (vinyl pants recommended over diaper as well)
- Street clothing (jeans, sweat pants, etc....) over suit in pool is not allowed

### **Activity Pool**

- All users must shower before entering the pool
- Obey lifeguards at all times
- Children ages 5 years and younger must have a **responsible** individual (16 years or older) in the water with them at arm's length at all times
- Children 6-9 years old must be accompanied and cared for, at poolside, by a **responsible** individual 16 years or older
- Children 10-12 years of age must have a parent in the facility
- Non-Swimmers should be directly supervised and must stay in shallow areas.
- It is strongly recommended that non-swimmers less than 48" tall use a Coastguard approved lifejacket
- Courtesy to others and appropriate language is expected
- Conduct that infringes upon the safety and comfort of oneself or others is prohibited
- Children who are not potty trained must wear swim diapers
- Persons with open sores or contagious infections are not permitted in the pool
- No spitting, spouting or nose blowing in the pool
- No running on deck or diving
- Lap swimming is not permitted in any area of the activity pool
- Consumption of food and/or drink in designated areas only. **NO GUM!**
- Glass Containers of any type are prohibited in the Aquatics area
- Appropriate swim attire (i.e. swimsuit, swim trunks, etc.) is required in the pool. No street clothes, cut-off shorts, athletic apparel or thongs
- Jewelry (except for watches and rings), band-aids and hairpins are not to be worn in the pool
- Water wings or other swimming aids are not allowed. Coast guard approved life jackets may be used with direct supervision from a responsible adult within arm's reach in the water at all times
- For the safety and enjoyment of all users, squirt guns or other water spraying devices are prohibited
- No camera or video equipment usage unless prior approval from Management
- Pets are not permitted in the pool area or outside deck area
- Use of specific areas of the facility may be restricted due to aquatic programming
- The aquatics area may close at the discretion of the Supervisor or head lifeguard on duty in the event of inclement weather (lightning/thunder) or in the presence of possible health concerns from waterborne or blood borne bacteria

### **Lap Pool**

- All users must shower before entering the pool
- Obey lifeguards at all times
- Running on deck and diving are prohibited



- Children ages 14 and younger must receive permission from lifeguard to use lap pool and have an adult either in the water with the child or on deck actively watching the child
- Use of the lap pool may be restricted due to aquatic/fitness programming. Please be considerate and responsive if you are asked to move lanes or vacate area
- All users must be swimming laps. There is no open swim allowed in the lap pool. Water walking and aerobic exercise in designated North Lane only\*. \*Exception Water Aerobic Classes and Swimming Lessons.
- Courtesy to others and appropriate language is expected – this pool accommodates swimmers of all abilities. Circle swimming is recommended when more than 2 people are using one lane. When joining a lane with one or more swimmers, announce your presence to avoid collisions; allow faster swimmers the opportunity to pass
- Persons with open sores or contagious infections are not permitted in the pool
- Appropriate swim attire (i.e. swimsuit, swim trunks, etc.) is required in the pool. No street clothes, cut-off shorts, athletic apparel or thongs
- No spitting, spouting or nose blowing in the pool
- Check with management before using cameras or video equipment
- Do not hang on lane lines
- Please return kickboards and pull buoys to storage bin
- Consumption of food and/or drink in designated areas only. No gum allowed
- Jewelry (except for watches and rings), band-aids and hairpins are not to be worn in the Pool
- The aquatics area may close at the discretion of the Supervisor or head lifeguard on duty in the event of inclement weather, mechanical/chemical issues, and/or in the presence of possible health concerns from waterborne or blood borne bacteria

### **Lap Pool Length is 25 yards- 35 laps/70 lengths =1 mile**

### **Waterslides**

- Waterslide users must be **48" tall-No Exceptions**
- Follow the instructions of the lifeguards at all times
- One person at a time on each slide – No chains
- No head first sliding – stay seated or lying down (feet first) with your arms inside the flume at all times
- Do not stop in the flume
- Upon exiting from the slide, move out of the splash pool immediately-No waiting in the splash down area
- Climbing on the island where slides are located is prohibited
- Persons with open sores or contagious infections are not permitted on the waterslides
- It is recommended that patrons, who are pregnant, have a heart condition, have neck or back problems should NOT use the slides
- Lifeguards have the right to deny any usage by patrons
- Weight limit of 300lbs

### **Lazy River**

- Swimmers must be **48" tall** to be in river; except when accompanied at arm's reach by a responsible individual 16 years or older
- No flotation devices in river; with the exception coast guard approved lifejackets (with direct parent/guardian contact), or noodles
- Multi-directional water walking is permitted during Adult Water Walking (against the current on the inside; with the current on the outside)
- You must go with the current at all times during Open Swim
- Please stay off the island at all times
- Lap swimming is not permitted in the lazy river at any time

### **Hot Tub**

- All users must shower before entering
- You must be at least 16 yrs of age or older to use the Hot Tub

- Youth 13 – 15 yrs of age may use the hot tub with parent accompaniment
- For your safety, limit use of hot tub to a maximum of 10 minutes. Prolonged usage may result in nausea, dizziness or fainting
- Swimwear required
- Please enter and exit hot tub slowly and cautiously
- Personal grooming is prohibited
- People with open wounds or infectious diseases are not permitted in the hot tub
- Women who are pregnant and individuals with heart disease, abnormal/high or low blood pressure or epilepsy should consult a physician before using the hot tub
- Do not use the hot tub while under the influence of alcohol or drugs

### **Sauna & Steam Room**

- You must be 16 yrs of age or older to use the sauna & steam room
- For your safety, limit use of the sauna & steam room to a maximum of 10 minutes. Prolonged usage may result in nausea, dizziness, or fainting
- Swimwear/light clothing required
- Please sit on a towel while in the sauna & steam room
- People with open wounds or infectious diseases are not permitted in the sauna & steam room
- Personal grooming is prohibited
- Women who are pregnant and individuals with heart disease, abnormal/high or low blood pressure and diabetes should consult a physician before using the sauna
- Do NOT use the sauna while under the influence of alcohol or drugs

### **On Premises Training**

In the operation of its park and recreation facilities, the Arapahoe Park and Recreation District (APRD) has a paramount concern for the public safety at those facilities. In order to advance the public safety of its residents and to minimize any liability to the park district, **only** employees of The Trails Recreation Center and/or the Arapahoe Park and Recreation District are authorized to provide training, instruction or lessons on premises owned and operated by the Arapahoe Park and Recreation District (APRD).

In the event a member of the Trails Recreation Center is being provided professional physical therapy, the member will be allowed to receive licensed physical therapy at the premises if the following conditions are met: the physical therapy services do not interfere with the normal operation of the Trails Recreation Center; that the member pay appropriate user fees; that only a maximum number of (3) three sessions be provided; and that permission was granted by the Trails Recreation Center management prior to the start of any therapy. At the time a request is made permission for physical therapy services, the therapist may be required to provide information as to the duration of treatment, professional credentials to provide such therapy and a release of liability and a statement of insurance coverage.

In addition, no District facility may be used to conduct any activity, program or event by any business or person without the express written consent of the Arapahoe Park and Recreation District (APRD) Management. Examples of such activities include, but are not limited to, seminars, workshops, ticket sales or flyer distribution.

### **Inclement Weather**

If Cherry Creek School District calls a delayed start:

All Trails Recreation Center morning classes/programs will be cancelled until 12:00 pm. Evening classes will run as scheduled unless notified otherwise.

If Cherry Creek School District School closes (full day):

All Trails Recreation Center morning classes/programs will be cancelled until 12:00 pm. The decision to cancel evening classes will be made mid-afternoon. In the event registered classes are cancelled, parents/participants will be notified via email and telephone.

Either a make-up class or partial refund for the missed registration class will be offered.

**Additional rules and regulations may be implemented without notice at the discretion of the Arapahoe Park and Recreation District Staff and any other guidelines deemed necessary for the safety and comfort of our patrons will be strictly enforced. Violations of the preceding rules or any other conduct that may endanger the safety of patrons and/or staff may be cause for permanent expulsion from the Recreation Center at the discretion of Arapahoe Park and Recreation District Staff.**



**Arapahoe Park and Recreation District**