

# Flower Mound Community Activity Center (CAC) Rules and Regulations

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## General Rules

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### Rules:

- All entrants to the CAC must check in at the front desk.
- All entrants to the CAC will help maintain a family atmosphere.
  - No fighting, swearing, or loud and disruptive behavior.
  - No running or horseplay.
  - Proper attire (modest shirts, covered mid-riffs and modest length shorts or bathing suits).
- All CAC members must scan in at the front desk with a valid CAC Membership ID.
  - If a CAC Membership ID is not presented, after three warnings CAC members will be required to purchase a new ID for \$5.00.
- All guests must purchase a Day Pass or present a free Day Pass to use the CAC.
- Everyone that passes by the front desk should either have a CAC Membership, purchased or have a free Day Pass, or checked in for a class or program. The exceptions are parents of children in classes or programs, visitors for facility rentals, and spectators for leagues.
- Shirts and shoes must be worn in all areas of the building, except aquatic areas, locker rooms, and the wet lounge.
- Personal radios with headphones are acceptable. Large radios are not allowed.
- Alcoholic beverages are prohibited on the park property or in the CAC by Town Ordinance.
  - No one admitted under the influence of alcohol or other illegal substances.
- Smoking and tobacco products are prohibited in the building or the outdoor pool area by Town Ordinance. Smoking will only be allowed in designated smoking areas.
- The possession of firearms and other weapons or explosives are prohibited by Town Ordinance.
- No pets are allowed.
  - Only animals assisting those with disabilities or as part of a Town sponsored program are permitted in the CAC.
- Only Town staff, authorized instructors, and personal trainers performing within the scope of their duties may train or instruct clients or customers. No unauthorized personal trainers, instructors, coaches or physical therapists are allowed to use the CAC to train or instruct clients or customers.
- The Town is not responsible for personal belongings brought to the CAC. Please do not bring valuables into the facility or leave them unattended.
- Staff reserves the right to eject any person for violation of CAC rules and regulations.
  - Violations can result in membership being suspended or terminated.

## The Chill Zone (Game Room)

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**Rules:**

- Town staff reserves the right to close the Chill Zone for programming.
- Equipment will need to be checked out at the front desk with a CAC Membership ID or other ID.
- The customer will be financially responsible for damaged equipment checked out and equipment not returned to the front desk.
- Abuse of equipment will not be allowed.
- No food or drinks allowed in the Chill Zone.
- No running.
- No yelling or screaming.

## Fitness Floor

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**Rules:**

- No one 13 years of age or younger are allowed on the fitness floor
- Teens 14 - 15 years of age may utilize the fitness floor upon completion of a Teen Fitness Orientation Training Class.
- Participants 16 years of age and older are allowed on the fitness floor.
- TV stations are to be set for family friendly viewing.
- Wipe down benches and equipment after use.
- Food is not permitted on the fitness floor. Closed plastic beverage containers are allowed with water only.
- Re-rack all barbells and dumbbells.
- Please do not drop, slam, or bang weights.
- Stay off the track when using fitness floor.
- Do not stay on equipment between sets. Let others work in.
- Please limit cardio workouts to 20 minutes if people are waiting.
- Be mindful of others. Consider hygiene, use of fragrant lotions, and use of cell phones.
- Proper attire must be worn at all times, including closed-toed shoes and modest clothing.

## Track

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**Rules:**

- Anyone 13 years of age or younger must be accompanied by an adult or guardian 16 years of age or older.
- No strollers allowed.
- No horseplay or unsafe activities on the track.
- No stopping on the track to watch gymnasium activities or the TVs.
- Be mindful of others. Consider hygiene, use of fragrant lotions, and use of cell phones.
- Track direction changes daily and will need to be adhered to by all users.

## Gymnasium

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**Rules:**

- Equipment will need to be checked out at the front desk with a CAC Membership ID or other ID.
- The customer will be financially responsible for damaged equipment checked out and equipment not returned to the front desk.
- Shirts must be worn at all times.
- Closed-toed, non-marking athletic shoes must be worn in the gymnasium.
- Full court basketball will be allowed as scheduled by staff.
- No food or drinks in the gym besides water bottles.
- Organized practices are not allowed without a rental.
- Basketball goals can be lowered by request.
- Stay off court divider.
- League participants and spectators will need to check in at the front desk. League participants will be allowed access to the gymnasium no sooner than 15 minutes before the first game.
- Keep all balls and other equipment away from the light fixtures, ceiling and windows.
- No hanging on rims or the nets.
- No dunking will be allowed outside of league games.

## Locker Rooms

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### Rules:

- No loitering in locker rooms.
- Lockers are available for daily use at no cost. Locker availability is on a first come, first served basis.
- Use of lockers is at your own risk. The Town accepts no responsibility for lost or stolen items.
- Leave valuables at home, or for your security, bring a lock to secure valuables during daily use of lockers.
- Proper use of centrifuge suit dryers only.
- Hair dryers are to be left in locker room.
- No cell phone or camera usage in the locker rooms.
- No children of the opposite sex in the locker rooms. Parents should use the family changing locker room.
- Personal locks will be removed if left on a locker when the CAC closes for the day.
  - The Town is not responsible for items left in lockers or locks on lockers.

## Golden Lounge

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### Rules:

- The Golden Lounge is reserved specifically for the Town's Seniors In Motion program.
- Seniors In Motion members must check in at the front desk or in the Golden Lounge.
- Seniors In Motion members will not have a membership to the CAC unless they purchase a membership to use the facility outside of the Golden Lounge or Seniors In Motion programming.

## Tot Drop

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### Rules:

- For ages 9 and under only.
- Parents or guardians will be required to check-in and check-out their children.
  - Procedures will be addressed during check-in.
- Well children only. Children with coughs, fever, diarrhea, or colored mucus will not be allowed.
- No food or drinks are permitted with the exception of water.
- A child can only be in the room for two hours at a time.
- Children cannot bring in their own toys, except for any “security” items (i.e. blanket, stuffed animal).
- Parents will not be allowed beyond the gate.
- Electronic games will be played in 20 minute increments. Then it will be another child’s turn.
- Staff will not change diapers. Diapers will be changed by parents or guardians only.
- If a child needs help going to the restroom, staff will notify the parents or guardians to assist.
- Parents or guardians will be in the CAC the entire time the child is in the Tot Drop.

## Natatorium

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### Rules:

- Children 4 – 9 years of age must be accompanied in the same pool or area by a responsible guardian at least 16 years of age.
- Children ages 3 and under must be directly supervised within arms length by a responsible guardian at least 16 years of age.
- Children wearing lifejackets must be directly supervised in the water by a responsible guardian at least 16 years of age.
- Inflatable toys or devices are prohibited.
- Lifejackets and flotation devices must be US Coast Guard approved.
- Persons with skin infections, open wounds, nasal or ear discharge, diarrhea or any communicable disease are not permitted in the pool.
- Spitting and nose blowing into the pool or onto the deck is prohibited.
- All users must have a swimsuit. No cut offs, stretch shorts or under garments.
- Shirts are allowed. Female swimmers must have appropriate swim wear underneath their shirt.
- Swimming goggles are permitted. Full face masks, fins, and snorkels are not permitted with the exception of the lap lanes.
- No running or horseplay such as pushing, splashing, or dunking will be allowed.
- No diving around the pool, with the exception from the diving board and diving well.
- Use of starting blocks is restricted to approved swim meets and practices only. Unauthorized individuals are not permitted on the starting blocks.
- Infants/children not toilet trained and incontinent adults must wear tight fitting plastic pants under their swim suits. Swim diapers and diapers (cloth and disposable) are prohibited.
- No person shall use the pool unless it is officially open and a lifeguard is on the stand.
- Socializing with or distracting the lifeguards on duty is prohibited.
- Food and drinks can be brought in. Glass containers are not permitted and ice chests are subject to search.
- Pool users must towel and dry off completely before entering non-pool areas.
- When lightning occurs in the near vicinity of the CAC, the indoor pool will be closed. The pool will reopen after the storm has passed and the lightning has stopped.

# Outdoor Pool

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## Rules:

- Children 4 – 9 years of age must be accompanied in the same pool or area by a responsible guardian at least 16 years of age.
- Children ages 3 and under must be directly supervised within arms length by a responsible guardian at least 16 years of age.
- Children wearing lifejackets must be directly supervised in the water by a responsible guardian at least 16 years of age.
- Inflatable toys or devices are prohibited.
- Lifejackets and flotation devices must be US Coast Guard approved.
- Persons with skin infections, open wounds, nasal or ear discharge, diarrhea or any communicable disease are not permitted in the pool.
- Spitting and nose blowing into the pool or onto the deck is prohibited.
- All users must have a swimsuit. No cut offs, stretch shorts or under garments.
- Shirts are allowed. Female swimmers must have appropriate swim wear underneath their shirt.
- Swimming goggles are permitted. Full face masks, fins, and snorkels are not permitted with the exception of the lap lanes.
- No running or horseplay such as pushing, splashing, or dunking will be allowed.
- No diving around the pool.
- Infants/children not toilet trained and incontinent adults must wear tight fitting plastic pants under their swim suits. Swim diapers and diapers (cloth and disposable) are prohibited.
- No person shall use the pool unless it is officially open and a lifeguard is on the stand.
- Socializing with or distracting the lifeguards on duty is prohibited.
- Food and drinks can be brought in. Glass containers are not permitted and ice chests are subject to search.
- Pool users must towel and dry off completely before entering non-pool areas.
- Tables, chairs, and shade areas are first come, first served unless reserved for pool rentals.
- Enter current channel through the water entrance or stairs.
- The pool and facility will be cleared upon the first sound of thunder or sight of lightning. Patrons will not be allowed to re-enter the facility until 30 minutes after the last evidence of the storm. The facility will also close during a rain event (without thunder and lightning) if the pool bottom cannot be seen.

# Slide Guidelines

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## Rules:

- Lifejackets are not permitted on slides.
- A person must be 42" in height to ride indoor waterslide and 48" in height to ride outdoor waterslides.
- All eyewear and flotation devices must be removed.
- Only one person at a time may ride.
- Ride feet first only while sitting upright or lying down on back.
- Sliding on stomach is not allowed.
- Riders must exit the catch pool quickly using stairs.
- Parents are not allowed to catch children at the bottom of the slide.

# Aqua Climb (Indoor Pool Climbing Wall)

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## Rules:

- Only one climber at a time on the Aqua Climb.
- Only one swimmer at a time in the drop zone.
- No diving. Feet first entries only.
- Flotation devices are not permitted.

# Diving Board

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## Rules:

- Only one person on the diving board and ladder at a time.
- Each person must wait until the preceding diver has cleared the area before diving.
- Divers must swim directly to the nearest ladder and leave the pool.
- All divers must dive straight off the end of the diving board.
- Only one bounce is permitted on the diving board.
- Cartwheels and handstands are prohibited.
- Goggles and flotation devices may not be worn when using the board.
- Running, pushing, causing undue disturbance, or other dangerous conduct is prohibited at all times in the diving board area.

# Lap Lanes Guidelines

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## Rules:

- Lap lanes are for lap swimming, aquatic exercise and/or related activities.
- Use proper swim etiquette.
- Please circle swim when sharing lap lanes.
- Please consult pool schedule for availability.
- Hanging, sitting, or climbing on lane lines is prohibited.

# Inclement Weather Policy

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If the indoor natatorium and/or the outdoor pool is closed while customers are already in the CAC, those customers can choose to utilize other parts of the facility afforded them by their membership where age appropriate. The customer is not due a refund or rain-check. However, if both pools are closed due to weather and customers have not been in the facility longer than 2 hours, Day Pass customers are due a free Day Pass for each person that has paid for the day. Those who have been in the building longer than 2 hours from the time of purchase can choose to participate in other areas of the CAC. The customer is not due a refund or rain-check. Day Pass customers who can prove that they are from out of the immediate area defined by Dallas, Tarrant, Denton and Collin Counties will be able to receive a refund in the same tender in which they paid. CAC members who are affected by closures due to inclement weather will not receive any compensation.

# Solicitation Policy

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In the interest of maintaining an enjoyable, positive and stress-free family recreational environment in and about the Community Activity Center, it is the policy of the Town of Flower Mound Parks, Arts and Library Services (“PALS”) Board that no person, group or organization of any kind (save and except town officials, employees or licensed contractors) will be allowed or permitted in, on and about the Community Activity Center and its common areas to (1) charge fees or solicit donations, contributions, sponsorships and/or participants for any event or activity; (2) sell or offer for sale any food, drinks, confections, merchandise or services or to conduct any commercial business activities of any kind; and/or (3) post, place, display, distribute, or erect any advertising, notice, billboard, paper or other advertising device, information or materials.

The rental of any room, space or facility within the Community Activity Center that unduly interferes with or impedes the use of the Community Activity Center by its usual patrons shall be submitted to and approved by the Town of Flower Mound Parks, Arts and Library Services (“PALS”) Board.

## Age Specific Rules

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### **0 – 2 Years Old**

No Day Pass or CAC Membership required. This age group will always need to be supervised by an adult who will be responsible for their safety. The only exception will be when a person in this age group is supervised by staff in a program or in the Tot Drop area. Tot Drop rates will apply for CAC members, non-members, residents, and non-residents.

### **3 – 9 Years Old**

This age group requires a CAC Membership or a Day Pass to be purchased. They will also need to either be supervised by an adult, in a class or program, or in the Tot Drop area. Tot Drop rates will apply for members, non-members, residents and non-residents. They can use the track with adult supervision. These individuals are considered Youth.

### **10 – 13 Years Old**

This group of customers can be in certain areas of the facility without supervision. They are welcome in the gymnasium, natatorium, outdoor pool, concessions, locker rooms, or the Chill Zone (game room) unsupervised. This group will not have privileges to use the Tot Drop or the fitness floor; however, they can use the track with adult supervision. This group is considered Youth.

### **14 – 15 Years Old**

This age group will have privileges to all areas of the CAC. The only stipulation is that these teens must go through a Teen Fitness Orientation Training Class to utilize the fitness floor. They are considered Youth.

### **16 and Above**

This group is considered Adult by CAC definition. They will have full access to use the CAC without the need for adult supervision or stipulation.