

Obstacle Course Rules

The obstacle course is for adults and kids, although many of the rules below are specific to kids, adults using the course are still required to follow our safety rules.

- 1) An adult must be with each child or group of children ages 13 and under on the obstacle course at all times. Any problems should be reported to the adults in charge.
- 2) No wearing oversized clothing, hoodies, or clothes with drawstrings on the obstacle course. No bare feet, crocs, sandals, flipflops, cleats, or boots of any kind. All patrons must have athletic footwear while using the obstacle course. **Any adults assisting kids must also have athletic footwear on.**
- 3) Children should only be using equipment intended for their age.
- 4) Be extra careful when climbing equipment and never touch anyone who is climbing. Show courtesy and wait your turn instead of trying to climb, too.
- 5) No running or playing tag on or around the obstacle course.
- 6) When getting on or off equipment, make sure there is no one in the way.
- 7) Use equipment as it is intended to be used. Ask an adult if you're not sure how to use a piece of equipment.
- 8) No pushing, shoving, or hitting.
- 9) No teasing, bullying, or saying unkind words.

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10) Take turns to use equipment, even if it means patiently waiting in line.

11) Always observe your surroundings when planning to use an obstacle. Make sure the area under you is clear of other people before attempting a high obstacle.

12) Children are not allowed on the gym side unless they are going to use the restroom or getting a snack from the vending machine. **Gym equipment is for gym members only.**

13) The only people allowed on the course during class are the coaches and students of that class. Students waiting for the next class must stay off the course until the first class has ended and the coaches call for the next class.

14) Absolutely no food or drinks on the obstacle course and mats. You can eat on the side where the tables and chairs are located.

15) Please clean up after yourself and throw your trash away.

16) Please return equipment and mats to normal positions if you change something on the course.

17) Waivers must be signed by everybody using the obstacle course. Safety is the most important thing, please tell a coach or staff member if you observe someone doing an unsafe act.