

# GYM RULES AND REGULATIONS

## FOR USE BY REGISTERED GUESTS ONLY

WE WILL TRY TO KEEP A PORTION OF THE GYM AVAILABLE FOR OPEN GYM. HOWEVER, ON OCCASION, ALL AREAS MAY BE NEEDED FOR PROGRAMS, LEAGUES OR SPECIAL EVENTS. PLEASE KEEP IN MIND THESE RULES ARE MEANT TO ENSURE A COMFORTABLE AND SAFE ATMOSPHERE FOR EVERYONE. PLEASE BE COURTEOUS AND RESPECTFUL OF OTHERS AND THE FACILITY.

### DRESS CODE

- SHIRTS MUST BE WORN.
- SHORTS, SWEAT PANTS OR WARM-UPS MUST BE WORN.
- NON-MARKING COURT SHOES MUST BE WORN ON THE GYM FLOORS.
- TOWELS ARE SUGGESTED TO WIPE OFF EXCESSIVE SWEAT (EXCESS SWEAT CAN ACCUMULATE ON THE FLOOR AND CAUSE SLIPPING. TOWELS WILL BE PROVIDED BY THE FACILITY.

### GENERAL RULES

- FOR ALL OPEN GYMS A SIGN IN SHEET WILL BE AT THE FRONT DESK. YOU MUST SIGN IN AT ALL TIMES.
- NO FOOD OR OPEN BEVERAGES CONTAINERS ALLOWED.
- WATER CONTAINERS MUST HAVE A SECURE LID AND CANNOT BE TAKEN ONTO THE GYM FLOOR.
- CLEAN UP AND REPORT SPILLS TO STAFF.
- NO FOUL LANGUAGE.
- NO SPITTING.
- GAMBLING, FIGHTING, THREATENING, OR INDECENT CONDUCT WILL NOT BE PERMITTED.
- CHILDREN 12 AND UNDER MUST BE SUPERVISED AT ALL TIMES.
- THE NASA LANGLEY GYM STAFF IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. WE RECOMMEND YOU LEAVE YOUR VALUABLES AT HOME OR LOCK THEM UP.
- BE AWARE THAT OTHERS WILL BE USING THE FACILITY.
- ONLY RADIOS WITH HEAD SETS ARE PERMITTED.
- THE NASA LANGLEY GYM RESERVES THE RIGHT TO RESOLVE ALL CONFLICTS DURING PLAY ON THE GYM FLOOR.
- ANY DISPUTES OVER TIMES, PLAYERS, GAMES AND PROCEDURES ARE TO BE BROUGHT TO THE NASA LANGLEY GYM STAFF.
- WHEN A SESSION HAS ENDED, PLEASE LEAVE THE FLOOR PROMPTLY SO THE NEXT SCHEDULED ACTIVITY CAN BEGIN.
- ALL EQUIPMENT IS TO BE USED IN THE PROPER WAY.
- NO KICKING OR SITTING ON BASKETBALLS OR VOLLEYBALLS
- IF USING NASA EQUIPMENT, IT IS TO BE RETURNED TO THE FRONT DESK.
- DUNKING OR HANGING ON THE BASKETBALL RIMS IS PROHIBITED.
- NO HANGING ON VOLLEYBALL NETS.
- AN INAPPROPRIATE USE OR ABUSE OF THE FACILITY OR EQUIPMENT MAY RESULT IN TERMINATION OF PRIVILEGES.
- GOOD SPORTSMANSHIP IS EXPECTED FOR ALL ACTIVITIES. THE NASA LANGLEY GYM RESERVES THE RIGHT TO EJECT ANYONE NOT FOLLOWING THE RULES OF THE FACILITY.

LANGLEY EXCHANGE

YOUR FIRST CHOICE