



# FITNESS CENTER STAFF AND PARENT/LEGAL GUARDIAN RESPONSIBILITIES

- Children younger than six weeks and older than 12 years are prohibited from the using the play area.
- If fitness center staff determines a child is behaving in a manner that puts other children in danger the parent and child will be asked to leave.
  - Parents must accompany children under the age of three to the restroom.
- This room is used on a first come, first serve basis; reservations will not be taken.
- While this room is to support those with small children to work out, if requested, priority will be given to active duty military members.
  - Parents will limit use of equipment to 30 minutes when others are waiting.
- Children must be supervised at all times and by their own parents/legal guardian.
  - Parents/legal guardians must maintain direct line-of-sight supervision of their children at all times; no exceptions.
    - The maximum room capacity is 18 people including children.
- Children must stay in designated play area at all times (children are not allowed on fitness equipment or in the equipment area).
  - No food or drinks (except water) are allowed in the room.
- Parents and their children must be considerate of others; children who are ill are not to use the PCA.
  - Disruptive or destructive children will be asked to leave.
- Only child-appropriate television stations and G-rated videos will be shown.
  - Personal items (i.e. toys, etc.) must be removed before leaving the area.
  - Diaper changes must be done in the restroom diaper changing area.
  - Equipment must be wiped down when finished working out.
- Parents/legal guardians who violate the policies of the PCA will be warned first, upon second violation they will receive a 30 day suspension from the PCA, a third violation will result in the violator being banned permanently from the PCA