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GENERAL RULES

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Updated: November 2024

- A) All Patrons will be held to the Salt Lake County Recreation Patron Standards of Conduct (“Standards”). This is available online or upon request. The definitions found in the Standards are incorporated into these rules.
- B) A daily fee will be charged for each person who does not have a current pass and intends to utilize facility amenities. Spectators of registered programs may enter the facility free of charge. All Patrons, whether paying to participate or entering as a spectator, must stop and check-in at the front desk to gain entry to a facility.
- C) Salt Lake County is not responsible for accidents. Each Patron's use of County property and/or equipment is at their own risk.
- D) Patrons must follow all rules and policies posted at each facility, amenity, league, and event.
- E) Persons feeling ill or persons with open wounds should consider not visiting facilities.
- F) Salt Lake County, its officers, employees, agents, and volunteers shall not be responsible to Patrons for loss, damage, or stolen personal property or valuables.
- G) Appropriate attire must always be worn. Chest, rear, and groin areas must be covered. For men’s swimwear, swim trunks without a shirt is acceptable.
- H) Specific footwear is required for each activity.
  - 1) Footwear which may cause damage to floors or equipment is not permitted.
  - 2) For Patron safety, closed toe shoes must be worn in fitness, gym, and cardio areas.
  - 3) Bare feet are not allowed outside of natatorium and locker rooms.
- I) Food and drink may be prohibited in some areas of the facility. Glass containers of any kind are prohibited. Only capped, spill-proof water bottles are allowed.
- J) Spitting is not allowed.
- K) Only service animals are allowed.
- L) Smokeless tobacco, and vaping (e-cigarettes) are prohibited in or around Salt Lake County facilities.
- M) Possession of illegal drugs or alcoholic beverages is prohibited at a Salt Lake County facility.
- N) Please use only the parking areas immediately adjacent to our facilities.
- O) Any use of speakers is permitted only with prior approval by facility management.
- P) Sparring type activities are permitted with prior approval by facility management.
- Q) All areas of the center will not always be available. Membership extension or partial refunds may be given due to facility closures only if memberships are not honored at other county facilities.
- R) Private instruction or coaching without a facility reservation is prohibited.
- S) Only personal trainers, currently on contract with Salt Lake County, are allowed to train patrons.
- T) Misuse, moving, or altering any portion of Salt Lake County property is prohibited.
- U) Abuse or misuse of County property and equipment is unacceptable. Violators will be held financially responsible for damages and losses.
- V) The operating hours are established by the Division and may be altered from time to time without prior notice.
- W) Facility Age restrictions:

- 1) Children ages nine (9) and under must always be accompanied and supervised by a parent, guardian, or chaperone age fourteen (14) and older.
- 2) Patrons must be age sixteen (16) or older to use the fitness areas. 14/15-year-olds are required to complete the 14/15 Fitness Certification provided by the center prior to using the fitness room.
- 3) For Swimming Pools:
  - (i) Children ages five (5) and under must be accompanied in the water and stay within arm's reach of a parent, guardian, or chaperone fourteen (14) years of age or older. The chaperone must be in a swimsuit. This rule applies even if the child is wearing a life jacket.
  - (ii) Children six (6) through nine (9) years of age must be supervised in the pool area by a parent, guardian, or chaperone at least fourteen (14) years of age or older.
  - (iii) Lap swimmers aged thirteen (13) or under must be supervised by a parent, guardian, or chaperone at least eighteen (18) years of age or older, must be able to swim consecutive laps and requires approval by the Aquatic Facility Coordinator.

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### *LOCKER ROOM RULES*

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- A) All patrons must follow Utah law, Division general facility rules, and the Standards.
- B) Lockers are for day use only. Lockers which are not cleared at the end of the day will have the lock cut off and all items will be moved to the lost and found. Items not claimed within ten days of being placed in lost and found may be disposed of.
- C) Patrons are responsible for providing their own lock.
- D) Patrons shall not use cell phones, cameras, or other video or image recording devices in the locker rooms.
- E) No loitering or sleeping.
- F) Patrons must dry off before exiting the change room/locker room.
- G) Patrons must turn off showers when finished.
- H) Accessible facilities must remain available for patrons who need them.
- I) No laundering clothes.

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### *GYM RULES*

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- A) All patrons must follow Utah law, Division general facility rules, and the Standards.
- B) Hanging on basketball rims is prohibited.
- C) Full court games are permitted with prior approval by facility management.
- D) The height of basketball standards will not be lowered upon demand.
- E) All pass holders have equal rights to courts.
- F) Only capped, spill-proof water bottles are allowed. No gum, food, or other drinks.

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## *FITNESS AREA AND CLASS RULES*

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- A) All patrons must follow Utah law, Division general facility rules, and the Standards.
- B) Patrons must be 16 years or older to use the fitness areas. Patrons ages 14/15 are required to complete the 14/15 Fitness Certification provided by the center staff prior to using fitness areas, indoor tracks, and classes. Patrons under 14 years of age may not use fitness areas or classes.
- C) All equipment is first come first served.
- D) During peak times there is a 30-minute time limit on cardio equipment. Do not rest on equipment, allow others to work in.
- E) Use spotters and spring clamps when necessary.
- F) Wipe down equipment after use.
- G) Rack free weights when finished.
- H) Personal items such as bags, coats, and personal items should be kept in a locker and are not allowed in the fitness area.
- I) Slamming or dropping weights is not tolerated.
- J) Lifting chalk or powder is not allowed in the Center.
- K) Fitness equipment should only be used for the exercise they were designed for.
- L) Patrons may use non-disruptive electronic devices only with earphones.
- M) Class participants must follow guidance and teaching provided by the class instructor.
- N) Only personal trainers, currently on contract with Salt Lake County, are allowed to train patrons.
- O) Use of Indoor Track:
  - 1) Walk or run in the designated-for-the-day direction.
  - 2) Pass slower runners or walkers on the outside.
  - 3) Children ages 9 and under must have prior facility management approval to use the track and must always be within arm's reach of an adult or in a stroller.
  - 4) Youth ages 10-13 may use the track during designated timeframes set by the facility.

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## *SWIMMING POOL RULES*

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### CAUTION - THERE WILL BE SAFETY BREAKS REQUIRING SWIMMERS TO CLEAR THE POOL

- A) Health and Safety Rules:
  - 1) Patrons entering the pool must take a cleansing shower before entering the pool and after each use of the restroom.
  - 2) Persons with bandages, blisters, cuts, rashes, stitches and/or communicable diseases are prohibited from using the pool.
  - 3) Children two (2) years of age and under, and individuals with incontinence, must wear swim diapers and plastic pants under swim wear. All other diapers are prohibited in the pool.
  - 4) Diapers shall only be changed in restrooms or changing stations.
  - 5) Persons who change the diaper shall wash their hands thoroughly with soap before returning to the pool. The diapered person shall undergo a cleansing shower before returning to pool.
  - 6) Patrons shall report all accidents, however minor, to a lifeguard on duty.

- 7) Food or drink (other than water) shall be prohibited on the indoor pool deck. Food or drink for the outdoor pool is prohibited within 10 feet of the pool edge. All beverages within the pool compound shall be in non-breakable containers.
- 8) Smoking or vaping, smokeless tobacco, alcoholic beverages and/or the use of any impairing substances are prohibited.

B) Behavior Rules:

- 1) Diving into the pool from the deck is allowed in designated deep-water areas only.
- 2) Jumping or diving backwards, spinning, cartwheels and flipping off the edge of the pool is prohibited.
- 3) Children 5 years of age and under must always be accompanied in the water and be within arm's reach of a parent, guardian, or chaperone 14 years of age or older also in the water. This rule applies even if the child is wearing a life jacket.
- 4) Children 6-9 years of age must be supervised in the pool area by a parent, guardian, or chaperone 14 years of age or older.
- 5) The following attire is prohibited in a Salt Lake County pool: "street clothes", brazil/french-cut, thong-style and/or revealing swim wear, cut-off jeans and jeans. Underwear and undergarments are not allowed to be worn under swimsuits.
- 6) Sitting, hanging, or playing on safety ropes, ramps or ladders is prohibited.
- 7) Running on the deck, shoulder-riding and rough play are prohibited.
- 8) Breath-holding activities, hypoxic training, and extreme over-exertion training are prohibited.

C) Equipment Rules:

- 1) Only properly fitted Coast Guard-approved lifejackets are allowed; no other flotation devices are allowed in the pool.
- 2) Properly fitted Coast Guard-approved life jackets are prohibited in water deeper than 5 feet or on slides, flumes, and diving boards.
- 3) Patrons must present all play toys and flotation devices brought into the pool area to the lifeguard staff prior to use. Lifeguard staff may approve or deny the use of these toys and devices.
- 4) Mono-fin/mermaid tails are prohibited for use during Open Swim hours.

D) Lap Swim Rules & Etiquette:

- 1) Lanes are for multiple swimmers.
- 2) Lap swimmers ages (13) years or under and must be able to swim consecutive laps. Approval by the Aquatics Facility Coordinator is required if a swimmer is under the age of 14.
- 3) The lifeguard supervisor reserves the right to rearrange lanes and swimmers based on availability and programming.
- 4) Two Swimmers Per Lane. Stay on one side of the black line and swim back and forth.
- 5) Three Swimmers Per Lane. Stay to the right side of the black line, in a circular pattern.
- 6) Be sure to communicate with others in the lane prior to beginning circular swim.
- 7) Move to another lane if you are too slow or too fast for your current lane.
- 8) To Pass a Slower Swimmer: Pass at the end of each lap, after tapping the foot of the swimmer in front. The swimmer being passed should wait on the right side of the lane.
- 9) If the left side of the lane is clear, pass swimmer on the left. Be sure there are at least five yards of clear water in the wall before passing.

- 10) Whenever possible, select a lane with swimmers close to your pace: slow, medium, or fast. Take a few minutes to observe the swimmers to gauge which lane is best for you.
- 11) Lap swimmers should arrange themselves by speed in the lanes. All fast swimmers together and all slower swimmers together.
- 12) Lap lanes may be divided or split to be shared with other swimmers.
- 13) Any swimmer planning on joining a lane will inform the swimmer(s) currently occupying the space before joining the lane. Lap swimmers entering an occupied lane should be certain the swimmer(s) already in the lane know that they are entering the lane and whether they should circle swim or split the lane.
- 14) Lap lanes are designated for swimming and may not be used for lounging or playing.
- 15) Water walkers and joggers will yield the right of way to lap swimmers. Water walkers and joggers may be asked to move to a different lane and/or other pool area when lanes are crowded.
- 16) In shared lanes, no butterfly stroke or adapted stroke, that may affect the safety of other swimmers, is permitted.
- 17) Equipment such as kickboards, pull buoys, fins, etc. may be used ONLY when it does not interfere with someone else's swimming space or pace.
- 18) Starting blocks are for swim team use only.
- 19) Swimmers must always obey the instructions of lifeguards and other staff.
- 20) Failure to comply with the listed rules above could result in personal injury. Lifeguards on duty shall enforce all pool regulations and have the authority to suspend pool privileges when rules or Standards are violated. Talk to the lifeguard supervisor if you have questions concerning these rules.

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*ICE RINK RULES*

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E) Public Skating Session Rules:

- 1) Ice skates are required on the ice.
- 2) Patrons are not allowed to carry children or other skaters on the ice.
- 3) Excessive speed, racing, playing tag or games is not allowed.
  - (i) Cutting across the ice, any high-speed maneuvers, or skating in the opposite direction of skating traffic prohibited.
- 4) Throwing snowballs or objects is prohibited.
- 5) Chains of more than 3 skaters holding hands is prohibited.
- 6) Patrons are not allowed to sit on the boards or enter the hockey boxes.
- 7) Walkers, strollers, hockey pucks, sticks, and wearing in ear or noise cancelling headphones are prohibited.
- 8) No food or beverages allowed on the ice.

- 9) No jumps or jumping.
- 10) Skaters must obey the ice monitor's directions. Skaters shall always be alert, as to other skaters, and yield to slower skaters.
- 11) Private Lessons during Public Skate sessions:
  - (i) Private lessons during Public Skate sessions are allowed for "Basic Skills," Learn to Skate, and basic hockey skating skills. However, rink personnel may cancel lessons on a public skate session at their discretion.
  - (ii) Coaching may only be conducted by coaches who have signed the required Coaching Ice Use Agreement. Salt Lake County reserves the right to issue a use agreement to a coach in the County's sole discretion. Coaches may only coach up to 2 skaters at one time.
  - (iii) If ten or more public skaters are present during a Public Skate session, coaches must either skate with the flow of traffic or stay in the center of the ice (between blue lines and red dots).

F) Freestyle Session Rules:

- 1) Freestyle sessions are for skaters to train on specific figure skating skills such as jumps, choreography, dance, and USA Figure Skating Skills tests.
- 2) No more than 25 skaters and 10 coaches during a freestyle session are allowed.
- 3) Freestyle skater patrons must yield to other skaters' jumping patterns and to skaters whose program is playing.
- 4) At the discretion of Ice Rink personnel during a busy session, skaters skating in the program may be required to wear a sash.
- 5) Stopping or standing is not allowed on the ice, however, skaters and coaches may stop and stand next to ice rink boards.
- 6) Coaching may only be conducted by coaches who have signed the required Coaching Ice Use Agreement. Coaches may only coach up to 2 skaters at one time.
- 7) Coaches and skaters must pay before entering the ice.
- 8) Headphones may not be worn on the ice, however coaches working on choreography may use headphones for that limited purpose with prior approval (i.e. notice to rink staff)
- 9) Skaters must practice their skills in designated zones. Corners of the ice are designated as Lutz zones. The center of the ice is the designated spinning zone.
- 10) Parents and spectators may view freestyle sessions from the lobby or bleachers.
- 11) Group lessons of more than 2 skaters per coach are allowed on designated "clinic" freestyle sessions only.
- 12) Skaters must wait their turn to have their program music played. Programs shall be played according to the order established on the program music list. Programs will alternate between skaters in a lesson and skaters not in a lesson. Skaters may play their music once per session until all skaters have had an opportunity to play their own music. All programs shall be played from start to finish without pausing, rewinding, or restarting.
- 13) For safety concerns, skaters 5 years old and under must be supervised by a Salt Lake County approved coach.

G) Stick and Puck Session Rules:

- 1) No more than 25 skaters/goalies and 5 coaches who have been approved to sign the Use Agreement are allowed.

- 2) Scrimmaging is not allowed during Stick and Puck sessions.
  - 3) All Skaters, goalies, and coaches must wear helmets, hockey skates and gloves. Skaters and goalies seventeen (17) years old and younger must wear a face mask. (Full hockey equipment is recommended but not required.)
  - 4) Coaching may only be conducted by coaches who have signed the Use Agreement and no more than 3 players per lesson.
  - 5) Skaters or lessons during stick and puck cannot dominate a section of the ice.
  - 6) For safety concerns, skaters 5 years old and under must be supervised by a coach or guardian on the ice.
- H) Drop-in Hockey Session Rules:
- 1) Hockey players aged fifteen (15) and older of any ability only.
  - 2) No more than 30 skaters and up to three goalies allowed.
  - 3) The first three goalies are free per session. Additional goalies may register and pay for a player spot if one is available.
  - 4) Full hockey equipment is required; however, face masks are not required for skaters aged 18 and older.
  - 5) No coaching or instruction is allowed during Drop-In Hockey sessions.

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*DROP-IN CHILDCARE RULES*

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- A) Childcare Punch Passes or single day admittance must be paid at the Front Desk.
- B) Proof of Payment (receipt) or punch pass must be presented to check child in.
- C) The same person that signs the child in, must sign the child out.
- D) Reservations required to guarantee a spot.
- E) Children must be between eight (8) weeks and eight (8) years old.
- F) Two (2) Hour Maximum stay.
- G) Each child must have a completed and signed admission agreement on file. Admission agreements are renewed each calendar year.
- H) Each child should have current immunizations.
- I) Medications are not allowed. If a child must have medications while at the facility, it must be administered by the parent/guardian.
- J) Infants must be brought in a carry seat.
- K) Pacifiers must be attached to the child.
- L) Outside toys, food and non-water beverages are not allowed (apart from a prepared and labeled baby bottle).
- M) Shoes are required for all walking children.
- N) If an infant or child needs a diaper change, you will be notified. Diapers are not changed by staff.
- O) If a child is crying and or unruly for more than 10 minutes you will be notified.
- P) Parents must remain inside the center when a child is in childcare.
- Q) All patrons must follow posted rules and patron standards of conduct. Parents of children requiring discipline will be notified. Continual discipline issues may result in dismissal of the child from childcare.

- R) In case of facility evacuation, procedures will be followed. Parents should meet their child at the designated meeting place.

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*CLIMBING WALL RULES*

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- A) Climbers must sign a liability waiver form before participating or have a signed waiver form on file.
- B) Climbers under eighteen (18) must have a signed parent/guardian release form on file.
- C) Check in at the front desk with a certification card when no climbing staff are present.
- D) No bouldering above the 12-foot line.
- E) Any climber higher than the 12-foot line must be on belay.
- F) No open toed shoes or barefoot climbing.
- G) Rings, watches, necklaces, or other jewelry that may become jammed or caught on the climbing wall is prohibited.
- H) Only climbers and their belayers are allowed on padded surfaces.
- I) Must be belay certified to belay another climber. You must be 14 years or older to get belay certification.
- J) During supervised climb times anyone ages 4 or older are welcome to climb and be belayed by a supervisor.
- K) During open climb time you must provide your own certified belayer.
- L) If you are bouldering, allow roped climbers “right of passage”.
- M) Food and beverages are prohibited.
- N) No horseplay in the climbing area.
- O) Report loose holds to a staff member.
- P) Setting or changing climbing holds is prohibited.
- Q) Rented climbing equipment must stay in the climbing area.
- R) During high use times climbers may be held to a time limit or required rotation.
- S) Only lower climbers at a reasonable speed. Elevator drops are prohibited.
- T) Birthday parties, scout groups, family events, and any other special groups must schedule and reserve use of the wall. Each belayer must be certified. **NO EXCEPTIONS.**
- U) Scheduled events, supervised climb time or any other function as deemed necessary by facility management has priority use of the ropes.

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