

# Strength Training – Facility Rules

To insure the skater gets the best training possible in their off-ice class and in ensure fairness to other skaters, it is necessary to institute a guideline for conduct and in the training facility.

Athlete responsibility:

- All skaters must be punctual.
- All skaters should meet in front of my office area before the start of class.
- Come to gym in proper attire (tennis shoes are a must).
- All equipment should be put away following any use of it.
- Bars should be broken down following use of (put away the plates you put on the bars).
- All equipment must be returned to where you found it.

Conduct:

- All skaters should come ready to train and trains hard with a good attitude.
- Be courteous to other members and staff at Central Park Athletic Club.
- Skaters must display good behavior while training; no horseplay or goofing off during class will be tolerated.
- No loud or obnoxious behavior will be tolerated during class.
- No eating in the facility, especially chewing gum or candy. It is imperative that the skater has nothing in their mouth during training for the safety of the skater.
- No inappropriate language.

If any of these rules are not followed, the athlete will be asked to leave the class and the facility. If this continues to happen after the first incident, the athlete will not be allowed back to the gym and class. No refunds/make-ups will be given when either of these occurs.

Skater's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_