



CITY OF
**Sterling
Heights**

GYMNASIUM

RULES & GUIDELINES

DRESS CODE

- Shirts must be worn.
- Shorts, sweat pants or warm-ups must be worn.
- Proper footwear is required, no bare feet.
- Non-Marking, soft soled athletic shoes must be worn on the gym floors.
- Participants are asked to change into a separate, clean pair of shoes when using the gymnasium. Muddy or dirty shoes are not permitted.
- All other clothing and shoes be kept in lockers.
- Please keep ALL valuables at home. The City of Sterling Heights is not responsible for any lost or stolen items.

GENERAL RULES

- Use of the gymnasium is at your own risk. Know your limits and abilities.
- You must check in at the welcome desk for all open gyms.
- NO food or open beverages containers allowed.
- Beverage containers must have a secure lid and cannot be taken onto the gym floor.
- No glass containers.
- Clean up and report all spills to staff.
- No foul language.
- No spitting.
- Children 12 and under must be accompanied by a parent or designated guardian (18+) unless participating in an organized program or activity. Patrons ages 13-17 can use the gymnasium without supervision but must follow all rules.
- When session has ended, please leave the floor promptly so the next scheduled activity can begin.
- All equipment must be used in the proper way.
- No kicking or sitting on basketballs or volleyballs.
- If using Sterling Heights Community Center equipment, it is to be returned to designated area determined by staff.
- Dunking or hanging on the basketball rims is prohibited.
- No hanging on volleyball nets.
- Good sportsmanship is expected for all activities. The City of Sterling Heights reserves the right to eject or terminate privileges of anyone not following the rules of the facility.