

## *Family Life Building (FLB) Rules*

1. There will be NO SMOKING in the FLB.
2. There will be no alcoholic beverages allowed on the property of First Baptist Church.
3. Only the people who have filled out an application and signed a Liability Release are allowed to participate in Recreation activities in the FLB.
4. No cursing (or any type of inappropriate speech) will be tolerated in the FLB.
5. Shirts and shoes are required in the FLB. No open-toed shoes are allowed in the weight room or cardio room.
6. For safety reasons, no one under the age of 14 will be allowed in the cardio or weight rooms; ages 14-17 are allowed only with adult supervision. No one under the age of 16 will be allowed in the gym without adult supervision.
7. Participants agree that at all times they will conduct themselves in an appropriate manner while participating in activities in the FLB. For example: no fighting, bickering, etc.
8. Participants agree that they will be responsible for wiping down equipment after using, and for returning all weights to their appropriate place (including dumbbells). Weights should be returned to weight trees and should not be left on leg presses or curl bars. Towels will be provided. Participants are responsible for placing towels in the proper receptacle when they are finished with them.
9. Participants should take care to leave the bathroom facilities clean.
10. Participants should report any problems (any equipment in ill repair, facilities not in working order, etc.) to First Baptist.
11. Participants are asked to turn off the lights if they are the last to leave a room.
12. Participants should not drop weights on the tile floor, but should use the mats.
13. No radios or personal stereos are allowed in the FLB.
14. Participants agree to put their trash and bottles in the trash cans, and not on the floor or window ledges.
15. The lights should be on in any room in which an activity is going on for safety and security reasons.

Not following these rules can result in a participant or participants being asked to leave the FLB. Repeated violations of the rules may also result in temporary or permanent suspension from FLB recreational activities. I have read these rules and agree to follow them.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_