



Macedonia Recreation Center Facility Rules & Age Policies

Mac Rec Facility Guidelines:

- Appropriate family facility attire is required.
- Clean equipment after use. Spray the towel, not the equipment.
- All audio must come through headphones.
- [Facility Age Policy](#)
 - A parent or legal guardian must sign a waiver for any guest under the age of 18.
 - To Enter the Facility Children 11 and under must be supervised by someone 16 or older to enter the facility. Individual must remain in the facility unless child is participating in a Mac Rec program (excludes aquatic programming).
 - To Use Track Anyone can utilize the track if abiding by the guidelines.
 - Locker Rooms Children 5 years and younger may accompany an adult into the necessary locker room.
 - To Use the Weight Room, Cardio Pods, or take a Group Fitness Class Children 12 – 14 may utilize these areas after passing teen training or providing signature from athletic coach. Children 15 and older may utilize the equipment and classes without restrictions.
 - Natatorium Children 0 – 7 must be supervised by someone 16 or older in the water within arm's reach. Children 8 – 11 must be supervised by someone 16 or older in the natatorium. If a U.S. Coast Guard approved floatation device (properly fitted) is used, regardless of the age – the wearer must be supervised in the water within arm's reach.
 - Sauna, Steam Room, Hot tub Participants must be 15 years or older to use the Sauna, Steam Room or Hot tub.
- Do not bang or slam weights.
- Be respectful of others.
- Maintenance Issue? Email to recreation@macedonia.oh.us to report issues.

Locker Rooms:

- Children 5 years and younger may accompany an adult into the necessary locker room.
- Use your own lock to secure your items. Do not leave it overnight or it will be cut off by staff.
- The Mac Rec is not responsible for lost or stolen items.

Weight Room & Cardio Area:

- Clean equipment after use. Spray the towel, not the equipment.
- All audio must come through headphones.
- Do not bang or slam weights.
- Maintenance Issue? QR Code to open email to report issue.
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Track Guidelines

- Walkers stay to the inside of the track and runners to the outside.
- Pass on the outside lanes.

Track Distance:

Inside Lane – 14 laps to a mile, Middle Lane – 13 ½ laps to a mile

Outside Lane – 12 ½ laps to a mile, Average 13 ½ laps to a mile

Track Direction:

Left Arrow – Monday, Tuesday, Friday

Right Arrow – Wednesday, Thursday, Saturday, Sunday

Aquatics Guidelines:

Natatorium Rules:

- Portions of the pool may be closed at times; look for posted signs or calendar.
- Appropriate family facility attire is required.
- Shower before using the pools.
- Swim diapers are required for small children or people with incontinence.
- The following are prohibited: running, horseplay, diving in shallow areas, prolonged breath holding, glass containers, food, or gum.
- **Children must be supervised as follows:**
 - a. Children 0 – 7 must be supervised by someone 16 or older in the water within arm's reach.**
 - b. Children 8 – 11 must be supervised by someone 16 or older in the natatorium.**
 - c. Children under 8 must pass the Mac Rec Swim test to use the diving well.**
- If a U.S. Coast Guard approved floatation device (properly fitted) is used, regardless of the age, the wearer must be supervised in the water within arm's reach.
- The starting blocks are only for swim team/lesson use.
- Circle swimming or sharing lane is expected during times of heavy lap lane use.
- Lifeguards and aquatics staff may establish additional rules for safety.

Diving Board Guidelines:

- One person on the diving board/ladder at a time.
- One bounce only, inward, or reverse dives.
- No SCUBA masks or goggles while diving.
- Fulcrum remains locked, unless used with diving coaches.

Sauna & Steam Room:

- **You must be 15 years of age to use these amenities.**
- Observe reasonable time limits (10-15 minutes).
- Over exposure may result in heat related illnesses.

Hot Tub Guidelines:

- **You must be 15 years of age to use these amenities.**
- Observe reasonable time limits (10-15 minutes).
- Over exposure may result in heat related illnesses.
- Turn jets off when exiting.
- Hot tub cleaning/maintenance schedule.