

Teen Fitness Code of Conduct (Ages 12—17 years)



The use of the 2nd floor Fitness Center is a privilege. The Code of Conduct, both for the City of Newport Parks and Recreation AND for the 2nd Floor Fitness Center, must be adhered to at all times.

We strive to provide a non-judgmental, clean, safe, and supportive space for everyone of all ages. Treat everyone with respect, use the equipment safely, and exercise within your abilities.

The behavior expectations must be followed and any abuse of the listed expectations below will NOT be tolerated.

There will be a “two strikes, you are out” system in place. The two strikes will be documented.

- One strike: a verbal warning and parent notified
- Two strikes: Loss of privileges to use the facility for a determined amount of time.

Ages 12—17:

- Must have read through the Code of Conduct with their parent/guardian, and have the attached document signed by a parent/guardian. The signed document needs to be returned to the front desk before using the Recreation facility. It will be on file under the teens’ name.
- To use the upstairs Fitness Center, you must wear the wristband given out by the front desk staff
NO WRISTBAND=NO ENTRY. NO EXCEPTIONS!

Ages 12—14:

- Can use the upstairs Fitness Center when a parent/guardian, 18 years or older, is present in the fitness center and supervising the activity.
- Must go through the Teen Fitness Training to use the upstairs Fitness Center WITHOUT a parent/guardian, 18 years or older. Ask about the Teen Fitness Training at the front desk.

Behavior Expectations in Recreation Center:

- Harassment, bullying, or pressuring others to perform beyond their ability will not be tolerated.
- Horseplay, fighting, showing off, using loud voices or using profanity will not be tolerated.
- Wear rubber-soled shoes that cover the whole foot at all times while exercising.
- Wear appropriate athletic attire. No crop tops, sport bras, short shorts, dress clothes or jeans.
- NO FOOD in the Fitness Center. Non-breakable beverage containers only.
- Use headphones or earbuds with all electronic devices while working out.
- Using your personal electronic devices in a manner that disrupts others will not be tolerated.
- The Fitness Center is to be used for exercising only. Do your socializing downstairs.
- No socializing or loitering on or around the equipment. Be mindful of others and their space.
- No dropping weights on the floor or slamming the weight stacks on the machines.