

The Kroc Center Rock Wall

• ROCK WALL RULES & POLICIES •

Indoor rock climbing involves certain inherent risks. It is the participant's responsibility to understand these risks and make the decision to participate. At The Kroc Center, all climbers must acknowledge these risks and take personal responsibility for their own safety. Parents are responsible for their children. No climbing with personal stereos, iPods, etc. No teaching or instruction except by Kroc Center staff.

• ROCK WALL DRESS CODE & GUIDELINES •

All equipment is provided. Outside harnesses must be commercial products designed for climbing. Rescue, tree and fire equipment is not permitted. Helmets must be worn at all times. Climbers may also use their own helmets. All helmets must be CE or UIAA approved for climbing. Non-climbing helmets, such as bicycle or skating helmets, are not permitted. Shoes must be worn. No barefoot climbing, open-toed sandals, hiking boots or hard soled shoes. Climbers must remove all jewelry, watches, keys, etc.

• AGE RESTRICTIONS •

- Children under the age of 10 must either have adult supervision or be a participant in a Kroc Center program.



The Salvation Army
Ray & Joan Kroc Corps Community Center
1401 Ballentine Boulevard • Norfolk, VA 23504
757.622.KROC • HamptonRoadsKroc.org



**GUEST/DAY PASS
POLICIES & GUIDELINES**



The *heart* of the COMMUNITY

As our guest, all member policies and guidelines apply.

- Guests under 18 years of age must have a waiver signed by a parent or legal guardian. With a signed waiver, guests between the ages of 13 - 17 may be in the building without a guardian.
- Guests under the age of 13 must have a parent or legal guardian in the building (see age restrictions for specific areas of The Kroc Center).
- Guests may use the facility for the entire day, as well as come and go provided that proper receipt is present to return.
- No outside food or drink is allowed.
- Cell phone and camera use is strictly prohibited in the Aquatics Center, Fitness Center and locker room facilities.

The Landmark Foundation Aquatics Center

• AQUATICS RULES & POLICIES •

The slide or other center features may be closed during pool operation. Inclement weather often results in pool closure. We are unable to process refunds in the event of weather related closure. Guests are expected to follow all pool rules. Towels are available at the Aquatics Desk and are to be returned to a used towel receptacle. No inflatables allowed in the pool area. Slide and lazy river height requirement is 48 inches or taller.

• POOL DRESS CODE & GUIDELINES •

Shirt and shoes are required to enter and exit the building. Appropriate swimming attire is required (no street or workout clothes). All members are required to wear a family friendly swimsuit. All males are to wear swim trunks or triathlon shorts. No cut-offs, gym shorts, shorts with zippers or exposed underwear are allowed.

• AGE RESTRICTIONS •

- One adult must be in the water within arm's reach, for every 3 children under the age of 10 at all times unless child is able to pass a swim **test. Adult** must be a parent or approved guardian at least 16 years old.
- Ages 10 – 12 may be in the pool area without their parent or guardian so long as a parent or guardian is in the building.
- Age 13 and up have complete pool access.



Health & Wellness Center

• FITNESS CENTER RULES & POLICIES •

The following are guidelines for the use of the fitness center, including the fitness floor, gymnasium and upstairs fitness facilities. Fitness wipes are provided for wiping down each piece of equipment after every use. The use of anti-bacterial fitness wipes helps insure a clean and healthy fitness environment. Please re-rack weights after use. This will enhance the fitness experience for all members. The dropping of weights is **STRICTLY PROHIBITED**. Please allow other members to “work in” between sets. All fitness classes are “first come, first served.”

• FITNESS CENTER DRESS CODE & GUIDELINES •

Appropriate athletic attire, including footwear, is required. All personal belongings should be stored in a locker, it is recommended you bring a lock.

• AGE RESTRICTIONS •

- Children under the age of 10 must be accompanied by a parent or approved guardian at least 16 years old at all times to use the gym.
- Ages 10 – 12 may use the gym so long as a parent or approved guardian is in the facility; may also use the walking track **ONLY** if accompanied by parent or guardian.
- Children under the age of 13 are not allowed on the fitness equipment.
- Ages 13 and up have complete gym access.
- Ages 13 – 16 have access to the fitness equipment **ONLY** after completing a “Smart Start Orientation” session.
- Ages 17 and up are granted full access to the fitness facility.

