



Mat Room Policies

1. Be safe. Have fun!
2. Reservations have priority, and drop-in access is permitted only when not reserved.
3. An adult must supervise guests 15 years or younger at all times.
4. The Rec Center staff is responsible for determining and enforcing the comfort and safety for all patrons.
5. Hand wraps and gloves are required when using heavy bags. Jewelry and watches are not permitted while using the room.
6. Footwear must be clean and non-marking.
7. Shirts are required.
8. Cuts or abrasions must be covered. Report broken equipment, unsafe conditions, and injuries immediately to Rec Center Staff.
9. Weights and fitness equipment are not permitted.
10. Sparring and wrestling are not permitted during drop-in hours.
11. Food and beverages are not permitted, except water. Water must be in a closed container and kept in a cubby.
12. Any violation of these rules may result in removal from the Rec Center.