



BrightonSM

RECREATION CENTER

Brighton Recreation Center Facility Rules and Guidelines

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Welcome to the Brighton Recreation Center – a place designed for fun, fitness, and community! To ensure a safe and enjoyable environment for everyone, we've put together some friendly guidelines. Violation of any facility rules or failure to comply with staff direction will result in suspension of facility use.

Facility

The Brighton Recreation Center wholeheartedly embraces a zero-tolerance policy for harassment and any form of negative behavior. We believe in fostering an environment that is welcoming, inclusive, and respectful for everyone. Kindness and understanding are the cornerstones of our community, and we ask that all members contribute to creating a space where everyone feels valued and safe. Any instances of harassment or unacceptable behavior will not be tolerated, and appropriate actions will be taken to ensure the well-being of our community members. Let's build a supportive and positive community together!

- **Smiles are Contagious:** Spread the joy! A positive attitude goes a long way in creating a welcoming atmosphere.
- **Respect the Space:** Treat our equipment and facilities like you would your own. Keep it tidy, report any issues, and help us maintain a clean and inviting space for all.
- **Share the Love:** Be mindful of others waiting to use equipment. Share the machines, weights, and spaces. It's all about teamwork!
- **No Business Like Our Business:** Unauthorized personal training, private coaching, and instruction are not allowed. Want to join our team? Inquire at the front desk about current position availability!
- **Safety First:** Always warm up before diving into your workout routine, and don't forget to cool down. If you're unsure about a new exercise, our friendly staff is here to help – just ask!
- **No Nap Zone:** Patrons should remain awake and upright at all times. Please refrain from moving furniture or equipment in the building.
- **Hydration Station:** Stay cool and hydrated. Bring your water bottle and take sips between sets. Let's keep those energy levels up!
- **Personal Space Matters:** Respect the personal space of others. It's great to be sociable but be mindful of people in the zone during their workouts.
- **Dress Code:** While we encourage self-expression, please ensure your attire is suitable for a family-friendly environment. Let's keep it classy!
- **So Fresh and So Clean:** Please clean equipment after use.
- **No Judgment Zone:** We're all at different points in our fitness journey. Let's support each other and create an inclusive atmosphere free of judgment or criticism.
- **Feedback Friendly:** Do you have some positive words to share, a suggestion for us, or a concern to report? We want to know and would love to hear from you!

Thank you for helping us REC-reate a fun and safe place for our community!

Locker Room Gender Use Guidelines

Colorado Law:

It is unlawful and discriminatory for a person directly or indirectly, “to refuse, withhold from, or deny to an individual or a group because of . . . gender identity [or] gender expression . . . the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations of a place of public accommodation.”

“Gender identity” is defined as “an individual’s innate sense of the individual’s own gender, which may or may not correspond to the individual’s sex assigned at birth.” This includes “gender expression” defined as “an individual’s way of reflecting and expressing the individual’s gender to the outside world, typically demonstrated through appearance, dress, and behavior.”

The Brighton Recreation Center is defined as a place of public accommodation. In Colorado, it is against the law for a place of public accommodation to deny access to goods, services, facilities, privileges, advantages, or accommodations to an individual on the basis of their gender identity or expression.

Gender Identity is defined as “an individual’s innate sense of their gender, which may or may not correspond to their sex assigned at birth.”

Gender Expression is defined as “an individual’s way of reflecting and expressing the individual’s gender to the outside world, typically demonstrated through appearance, dress, and behavior.”

Essentially, our guests can use the locker room associated with their gender identity, not their gender assignment at birth.

- **The bottom line is that guests are allowed to use the restroom or locker room that matches their gender identity, regardless of whether they are making a gender transition or appear gender-nonconforming.**

Aquatics

Parent Supervisory Rule:

-Children ages 6 and under must be accompanied within arm's reach by a parent or guardian aged 16 years or older when in the pool. No exceptions.

-Children ages 9 and under must be supervised by a parent or guardian aged 16 or older from the pool deck.

-Adult to child ages 6 and under ratio is not to exceed 1 adult to 3 children.

General Rules:

-Maximum Occupancy: Leisure Pool: 60, Hot Tub: 11, Lap Pool: 86

-Rest Periods: We observe a 10-minute rest period every hour on the hour between noon and 4pm. Both pools will be cleared except for adult (17+) lap swimmers and adults with infants under 1 year of age.

-You must shower before entering the pool.

-Proper swim attire is required. Cut-offs, basketball shorts, tee shirts and street clothes are not allowed.

-The instructions of the lifeguards must be followed at all times.

-The pool area is closed when there are no lifeguards on duty.

-Running is not allowed in the pool area.

-Excessive splashing, rough play, and throwing of balls, objects, or children is prohibited.

-Swim diapers are required and available at the front desk

-All floatation devices must be coastguard approved. Water wings are not permitted.

-Pool floats that cause a visual disruption to the lifeguards are not permitted.

-We provide PFD's and encourage their use. PFD's are not a substitute for parental supervision.

-Use of the starting block is only permitted under the supervision of a BRC swim instructor or coach.

-Diving is only permitted in water that is at least 9ft deep.

-Entry into shallow water must be feet first, facing the water. No turns or flips.

-No public displays of affection.

-No spitting, cursing or other rude behavior.

- No gum, food, or glass is allowed in the pool area.
- No excessive breath holding.
- All groups of 10 or more must be approved in advance by the Aquatics Supervisor. See Group Application form for complete rules.
- Use of the hot tub, steam room, and sauna is reserved for patrons ages 17+.

Hot Tub, Dry Sauna & Steam Room Rules:

- You must wear proper swimwear while in the hot tub.
- You must shower before entering the heated amenities.
- Long sleeves, pants, and heat retaining clothing are prohibited in the Sauna and Steam Room.
- Heated amenities are reserved for patrons ages 17+. Please be prepared to show ID.
- Spitting or release of other bodily fluids is strictly prohibited.
- Shaving, use of pumice stones, or other personal hygiene practices are not allowed.
- Food, gum, beverages and glass items are prohibited.
- Use of heated amenities is restricted to 15 minutes. A 5-minute cool down is required before re-entering.
- Tampering with the heat sensor is strictly prohibited and will result in removal from the facility.
- Please consult your physician before using the heated amenities.
- The use of personal sprays or oils is prohibited.
- Heated amenities are monitored by staff every 15 minutes.

Cautions:

- Exposure to high temperatures may cause fatigue, dizziness, shortness of breath and nausea. Consult your physician before using.
- Electronic devices may be damaged by exposure to humidity and high temperatures.

Child Care

The following list of guidelines has been compiled to provide a safe, healthy and fun social environment for your child. We offer our Child Care as a service to patrons who need supervision for their children while using the Brighton Recreation Center.

- Child Care is available for children ages 6 months through 7 years.
- Parents must remain in the recreation center while their children are at Child Care.
- Please keep your sick child home so they can rest, and other children are not affected. Do not bring your child if they have experienced any of the following in the last 24 hours: fever, vomiting, diarrhea, colored discharge or croupy cough.
- Your child may stay in Child Care for a maximum time limit of 2 hrs.
- Child Care passes must be purchased at the front desk and a staff member will remove the correct number of visits off of your card at the end the visit.
- Be sure to complete all sections of the Sign In sheet upon arrival. This will allow us to locate you quickly in the event of an emergency. Be specific in describing your location in the building.
- Please let staff know of any allergies or health concerns.
- Child Care staff are not authorized to administer any form of medication.
- It is your responsibility to provide any snacks. We highly recommend bringing something every time you attend. Vending machines are available in the hallway if needed.
 - Please refrain from sending snacks that contain nuts.
- Child Care staff are not allowed to change diapers. If a diaper change is necessary during your child's stay, a staff member will inform you of the need for a diaper change.
- Shoes must be worn at all times.
- Please label all personal items with your child's name.
- Toys from home are not our responsibility and will be confiscated if found dangerous or problematic. Staff is not responsible for lost or broken personal items.
- To provide a positive experience for all children, you will be notified if your child cries for more than 10 minutes and we are unable to comfort them. If you are able to calm your child, he/she may return while you resume your activity.
- Children are not to push, call each other derogatory names or display non-cooperating action. The discipline procedures are as follows:
 - Verbal warning with explanation given to the child
 - Re-direction to another area and activity
 - Possible meeting between parents and staff member

- Aggressive behavior is not tolerated and will result in immediate dismissal or suspension from the program.
- Child Care may close early if there are no children remaining 30 minutes before closing.

Child Care staff members appreciate hearing from you and are happy to discuss any questions or concerns.

Fitness

Fitness Center

- Wear appropriate attire for a family facility. (Closed-toed, athletic shoes, appropriate logos, athletic tops and bottoms, no swimwear.)
- Be considerate of other patrons. Wipe down equipment after each use with the provided cleaning supplies.
- To prevent damage to equipment, refrain from dropping, banging, or slamming weights. Remember to return all equipment to its proper place. Do not modify equipment outside of its intended use.
- Allow others to “work in” or take turns with equipment. Please limit use of cardio equipment to 30 minutes while others are waiting.
- Please use headphones while listening to music and limit personal conversations on your cell phone while in the Fitness Center. Taking another person’s photo or video without their consent is strictly prohibited.
- Use a spotter while bench pressing or lifting heavy weights.
- Children under the age of 12 are not permitted in the fitness center. Children ages 12-14 must complete a weight room orientation prior to use of fitness equipment.
- Unauthorized personal training is strictly prohibited.
- In the Fitness Center, water is permitted in closeable non-glass containers. All other food and drinks are welcomed in social areas.
- Horseplay, profanity, and inappropriate language are not allowed.
- Wall fans shall remain on when patrons are present in the fitness center and group exercise studios.
- For your safety, personal items such as gym bags, purses, and extra clothing must be stored properly on hooks, in cubbies, or in lockers. We recommend any other personal belongings such as keys, cell phones, etc. be properly secured or remain in your possession at all times. Brighton Recreation Center is not responsible for lost or stolen items.
- Report any violations of rules, injuries, or damaged equipment to a BRC team member immediately.

Walking Track

- No strollers allowed on the track.
- Children under the age of 12 must be accompanied by an adult.
- No food is permitted on the walking track.

- Wear appropriate attire for a family facility. (Closed-toed, athletic shoes, appropriate logos, athletic tops and bottoms, no swimwear.)
- Please use headphones while listening to music and limit personal conversations on your cell phone while on the Walking Track. Taking another person's photo or video without their consent is strictly prohibited.
- For your safety, personal items such as gym bags, purses, and extra clothing must be stored properly on hooks, in cubbies, or in lockers. We recommend any other personal belongings such as keys, cell phones, etc. be properly secured or remain in your possession at all times. Brighton Recreation Center is not responsible for lost or stolen items.
- Report any violations of rules, injuries, or damaged equipment to a BRC team member immediately

Gymnasium

- Please refrain from full court press during programming.
- Personal speakers are not allowed.
- Drop-in pickleball and drop-in volleyball are during specific building hours.
- Proper athletic attire including non-marking athletic shoes must be worn on the basketball court.
- Respect all posted facility hours and rules for court availability.
- Water is permitted in closeable non-glass containers. All other food and drinks are welcomed in social areas.
- Keep the court area clean by disposing of trash in provided bins.
- Report any damages or equipment issues to recreation center staff immediately.
- Use the gym equipment responsibly and follow any posted guidelines.
- Maintain good sportsmanship and fair play at all times.
- Use the designated spectator areas and refrain from interfering with ongoing games.
- Limit playing time and pick-up games when others are waiting, especially during busy hours.
- Refrain from using offensive language or engaging in disruptive behavior.
- Only authorized personnel should access restricted areas, such as equipment storage rooms.
- Report any injuries or accidents promptly to recreation center staff.
- Dunking and hanging on basketball rims or nets is prohibited.
- Limit the use of cell phones and other electronic devices when on the courts. Be aware of surroundings at all times.
- Keep personal belongings in designated areas and avoid leaving items on the court.
- Follow any additional rules or guidelines posted by recreation center staff.

Patron Code of Conduct

DEFINITIONS:

Patron- A person, who is on City property either using City amenities, enrolled in City programming or spectating.

Contest Area- The area which is designated by Recreation Center Management.

Spectator- A person who comes out to use the facility, watch games, programs, swim activities, or attends a class with no physical involvement.

City of Brighton Activity- Any event designated or hosted by the City of Brighton Recreation Center.

Program Administrator- The full time employee or designated individual of the City of Brighton Recreation Center directly responsible for the activity.

Abuse- Includes but is not limited to, obscene gestures or language, heckling, verbally attacking or threatening and/or laying a hand upon, shoving, striking, hitting or punching.

Harassment- any unwanted behavior, physical or verbal (or even suggested), that makes a reasonable person feel uncomfortable, humiliated, or mentally distressed.

CODE:

1. No patron or spectator shall: at any time abuse or harass a Recreation employee, patron or spectator. In addition, no patron shall be guilty of using unnecessarily rough tactics in the recreation center.
2. No patron shall: refuse to abide by a recreation employee, nor argue with any policy or procedure being enforced, or behave unlawfully.
3. No patron shall: appear at the contest area(recreation center) under the influence of alcohol or drugs, nor consume alcohol or drugs at the recreation center without an approved permit. A patron may not smoke while in the Brighton Recreation Center.

PENALTIES

Minimum penalty: removal (ejection) from the Brighton Recreation Center will be cause for a minimum one-week suspension from returning to the recreation center. Upon serving a one-week suspension, the patron must sign a Code of Conduct form and provide identification at time of returning.

Maximum penalty: penalty shall be determined by the Program Administrator and/or Recreation Management team. If the police are called to assist staff, offenders will be suspended from the recreation center and satellite locations for a minimum of one month with a maximum life suspension. Any patron striking another patron or staff will be trespassed for life depending on the severity.

TWO MINUTE CLAUSE: Two minutes will be allowed for an ejected or suspended patron(s) to remove him/herself from the designated contest area and completely leave the Brighton Recreation Center. If this

time limit is not met, the recreation center shall call Brighton Police Department for assistance and a minimum one-month suspension will be applied.

ELASTICITY CLAUSE: In order to provide for the recreational enjoyment of patrons, staff, and spectators any enforcement procedures which are not stated herein may be provided by the Recreation Center as is deemed necessary.

MISCONDUCT: We believe family support is important to our operation. When deemed necessary, an in-person meeting, phone call or letter will be sent to the guardian(s) informing them of patron, spectator, or program athlete misconduct, abuse, violation of Code of Conduct or poor sportsmanship.

ZERO TOLERANCE RULE: Profanity, abusive language, harassment, taunting, obscene gestures, and physical violence will not be tolerated. Any patron, guest, or spectator using any type of foul language or taunting of any kind to another patron, city contracted program administrator, or City employee will be asked to leave immediately.