



Recreation Center Indoor Track

General Policy

- Running direction of track changes regularly, follow signs
- Look first before entering the track
- Walkers must stay to outside lane
- There should be no more than two people walking or running side-by-side
- Sitting, leaning or stretching on rail is not allowed. No stopping on track. Use designated cut-outs
- Equipment (dumb bells, weight plates, medicine balls, jump ropes) is not allowed on track
- No spiked shoes, turf shoes, boots, sandals or open-toed shoes are allowed
- Appropriate exercise apparel must be worn (refer to the Recreation Center General Policies)
- Leak-proof personal water bottles are permitted. No other drinks or food permitted
- Balls may not be thrown from the track at any time
- The track may not be used as a gym spectator area
- Any bleeding or injuries must be reported to Recreation Center staff immediately