

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



POLICIES AND PROCEDURES

Mendocino Coast Recreation and Park
District and C.V. Starr Community Center



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Mendocino Coast Recreation and Park District C. V. Starr Community Center – Policies and Procedures 2021

*****COVID-19: The C. V. Starr Community Center will follow all City, County, State, Federal and OSHA precautions and guidance at all times. A complete write up is available upon request*****

This Policies/Procedures/Rules handbook is designed to be an informational guide for patrons of the C. V. Starr Community Center regarding Policies/Procedures/Rules.

Notice: This policy/procedure is subject to change and modification as deemed necessary. Any provision of this procedure will be superseded if in conflict with any provision of a valid and effective federal or state law.

Hours of Operation – Pools, Weight Room, and Fitness Class Schedules are updated periodically, and current schedules are kept at the Front Desk and on the website: www.mendocoastrec.org

Holiday Hours/Closures – The Center may modify hours or close completely on holidays or for certain events. Advance notice is posted at the Front Desk, Facebook <https://www.facebook.com/cvstarrcenter> Instagram https://www.instagram.com/mcrpd_cvstarrcenter/ and website www.mendocoastrec.org

General

- Participants and Observers must always follow Center rules and policies. Failure to comply with rules and policies will result in being asked to leave the Center and refunds will not be granted. *MCRPD reserves the right to refuse service to anyone who is in violation of state, federal, local laws, or the MCRPD code of conduct.*
- All persons entering the Center must first check in at the Front Desk. No exceptions.
- Patrons who are not using the Center but are here to observe must still check in at the Front Desk.
- Any person with an outstanding balance with the Center will not be permitted to register for programs, memberships, or rentals.
- The Center is not responsible for lost or stolen items. Please be sure to secure your belongings in a locker or keep them with you. Lost and found items will be removed from the facility on a bi-monthly basis.
- Pets are not permitted in the Center. Service animals are permitted.
- Drugs and Alcohol are not permitted in the C. V. Starr Community Center or on its premises.
- Smoking or use of tobacco products are not permitted in the C. V. Starr Community Center or within 100 ft of the entrance.
- The Center does not provide towels for free but does offer them for sale.
- Please keep in mind that some people have allergies to fragrances. Please do not wear perfume or cologne to work out in. Refrain from smoking prior to working out and maintain good hygiene.
- Wireless internet is available and free for guests use.

- **Additional rules apply. Please read posted signs or ask staff as necessary.**

Aquatic Area Safety Rules

- Follow direction of the Lifeguards and Staff. Safety is the number one priority.
- Children 7 and under must have a responsible guardian 14 years or older at poolside with the child
- Children 4 and under must be accompanied by a responsible guardian 14 years or older, in a swimsuit, in the water within arm's reach of the child at all times
- All patrons going in the water must be in a swimsuit: T-backs, cut offs, jean shorts, athletic shorts, sports bras, etc. are not permitted. A t-shirt may be worn over a bathing suit
- Non-potty trained children must wear a swim diaper and plastic/vinyl pants with elastic legs. Both of those items must be under a swimsuit and are available for purchase
- Any child who cannot swim must remain in the shallow end at all times. Responsible guardians 14 years or older may accompany non swimmers into the deep end
- No inflatable floatation devices. Only U.S. Coast Guard approved lifejackets are permitted
- Lifejackets are available for your use
- Water wings, swimmies, floats, bathing suits rings, and other inflatable devices are not permitted in the pool
- Pool noodles are permitted in the leisure play pool. They may also be used in lap pools if space permits. Connected pool noodles are considered floats and are not allowed
- Kickboards may only be used in designated lap lane areas at certain pools for exercise use only by swimmers
- Lap lanes are provided for lap activities only. Non lap swimming activities are prohibited. Examples of lap activities are: lap swimming, water walking, no depth floating, other water exercises.
- No diving in shallow water or areas less than 9 feet deep
- Only forward jumping and/or forward diving from the side is permitted. Back dives, flips, cart wheels, and running head first entries are not permitted from the side of the pool
- Only during scheduled swim team practices or CV Starr Center programs are the starting blocks allowed to be used
- No running, pushing, shoving, horseplay, or foul language including dunking, tossing individuals, or sitting on another swimmer's shoulders
- Spitting, spouting of water, and blowing the nose is prohibited
- No food or gum, is allowed in or around the pool. No glass containers for beverages.
- Soft splash balls may be used in the pool. If the staff determines at any time to restrict their use, patrons must comply for the safety and convenience of all patrons
- Fins and kickboards are only allowed if being used by an adult in the lap lanes. These are not to be used outside of the lap lanes unless there is a medical reason.
- Mermaid tails are only to be used with lifeguard permission. They may not be allowed if the pool is too crowded or if the user is not a strong swimmer. Mermaid tails are never allowed in the Lazy River or Slide.
- Patrons may not hang or sit on lane lines or lifelines
- The pool capacity is limited and waiting times may be necessary.
- In the case of a fecal or vomit contamination, the facility may be closed for up to 24 hours
- The facility may be closed or its use limited at any time due to unforeseen circumstances or at the CV Starr Centers discretion
- Patrons must shower before entering the pool

- Patrons having infectious or communicable diseases, which can be transmitted by water, are excluded from public pools. Patrons with open cuts, wounds, or blisters are warned of infection and advised not to use the pool
- Report all accidents, incidents, rescues to the CV Starr Center staff

Waterslide Safety Rules

- In order to ride the slide you must be at least 48" tall
- Weight Capacity is 300 pounds
- Feet first sliding only. Riders must be on their backs or bottoms only
- Only one rider at a time, no trains while riding slides
- Do not use the top bar to propel or swing onto the slide
- Hands must be kept inside the channel
- No stopping, standing, spinning around, or rolling onto one's stomach while on the slide
- No personal flotation devices, pool noodles, or lifejackets are allowed on the slide
- No masks, goggles, or water shoes allowed on slides
- Only swimsuits are approved on slides. No cut-offs
- Swimsuits with metal/plastic buckles/buttons that could damage the slide are not allowed:
Patrons wearing t-shirts, or swimsuits that may scrape or damage the slide will not be allowed to use the slide
- Exit splash pool immediately

Lazy River Rules for Adult River Walking Times

- Swimmers walking with the current must stay on the outside of the lane
- Swimmers walking against the current must stay on the inside of the lane
- Enter and exit the river at designated areas only
- No stopping allowed in the lazy river
- Do not hang on the bridge
- Must be 18 years or older

Lazy River Rules- Swim, Slide, and Splash time

- All swimmers must go with the current
- Enter and exit the river at designated stair area only
- No stopping allowed in the lazy river
- Do not hang on the bridge or Do not jump up at the buckets
- Do not go on the blue tile peninsula
- Children must be 48 inches or taller, be accompanied by a responsible Guardian 14 years or older or be able to pass the swim test without a lifejacket.
- Child to Adult Ratios: There must be at least 1 adult for every 2 children

Diving Board Safety Rules

- Patrons must be able to swim to the side of the pool unassisted in order to use the board
- Only one patron at a time on the boards. Only one bounce on the board
- Forward diving only. No backward or reverse dives allowed
- Do not run on the diving board
- No hanging from the boards
- No personal flotation devices or goggles are allowed on the boards
- The diver must exit the area immediately after diving
- No swimming in the diving well while the boards are in use
- The fulcrum must remain in the forward position while the facility is open to the public

Family Changing Rooms (hallway changing rooms)

- These changing rooms are intended for the users who require the assistance of someone to help them with changing. These are not intended for single users.
- Limit use to 10 minutes.
- Children must be supervised by an adult if using the family changing room.
- Storage of personal items is not permitted.
- Cellphone use is prohibited.

Locker Room

- Patrons should use the Locker Room of the gender that they identify with.
- Children ages 5 and over must use the locker room of the gender they identify with. If families are not comfortable with the age restriction, they are welcome to use the family changing room.
- Secure your belongings with your own lock. Locks are available for purchase at the Front Desk.
- You are responsible for removing your lock and belongings on a daily basis, if you have not paid for a locker rental.
- Lockers are available for rent monthly. Fees must be paid in advance.
- The C. V. Starr Center is not responsible for lost or stolen items.
- Cellphone use is prohibited.

Weight Room

- Ages 11 and under are not permitted.
- Ages 12-15 require an adult 18 or over to be always supervising.
- Always sanitize equipment after use.
- Always wear clean appropriate footwear. Closed toed shoes are required.
- No jump rope in the Weight Room.
- Shirts must be worn at all times.
- Personal belongings must be stored in a locker or at the front wall of the Weight Room.
- Safe and proper use of the equipment is required at all times.
- Observe all posted signs and rules.
- Return equipment to its proper place after use.
- No food allowed.

- Taking pictures of others without their consent is prohibited.
- Actions that threaten the safety of yourself or others are prohibited.
- Only authorized personnel are allowed to conduct personal training.
- Weight Room Televisions:
 - Volume must be muted.
 - If you would like to change the station first, ask the others that are using the Weight Room.

Group Fitness Class Age Restrictions

- Ages 11 and under are not permitted without instructor approval.
- Ages 12 – 15 are permitted only when a supervising adult is with them. The supervising adult is responsible for the behavior of the minor. Instructors may approve youth age 12-15 to participate and act as the supervising adult at their discretion.

Admissions

- Drop-in Day Passes are available as well as 10 Visit Punch Passes, 1 Month Memberships, Annual Memberships and Recurring Monthly Memberships. **Fee schedule Appendix A.**
- Drop-in Day Passes are good for one calendar day not a 24-hour period. Must be paid in full to use the facility.
- 10 Visit Punch Passes are required to be paid in full at the time of purchase and expire one year from day of purchase. Punch Passes can be used for guests if the guest is in the same age category as the Punch Pass holder.
- 1 Month Memberships can be purchased at any time during the month. Membership must be paid in full at the time of purchase Example: If a membership is purchased on the 15th it will expire on the 14th of the following month. These memberships are non-transferable, only the purchaser can utilize this membership. Multiple months may be purchased at one time. There is no discount for purchasing multiple months.
- Annual Memberships can be purchased at any time during the year. The membership covers a 12-month period. Membership must be paid in full at the time of purchase Example: If a membership is purchased on the 15th of March 2021 it will expire on the 14th of March 2022 These memberships are non-transferable, only the purchaser can utilize this membership.
- Recurring Monthly Memberships require a 6-month minimum commitment starting from the purchase of the membership. After the 6-month commitment has been fulfilled the membership will continue until the member notifies the Center in writing that they no longer wish to continue. Members must have a bank account or credit/debit card account on file with the center for payment pulls. Automatic payments will be generated on the 26th of every month and that pays for the following month. March 26th payment will pay for April membership. To end a Recurring Monthly Membership a member must have completed the 6-month minimum requirement and notify the center in writing at least 3 days prior to the payment withdrawal date. The first month of the membership must be paid in full at the time of purchase. First months will be prorated. Memberships are non-transferable, only the purchaser may utilize this membership.
- All memberships and passes can only be refunded if there is documentation provided to prove a member is unable to use the center due to Illness, Injury or Relocation. A Refund Request Form

must be filled out as soon as possible. Memberships are not allowed to be put on hold for absences including vacations. **Refund Policy Appendix B**

- A liability waiver must be filled out for each member annually. If the member is under the age of 18 the waiver must be completed by a parent or legal guardian.
- The C. V. Starr Community Center is currently enrolled in Silver Sneakers and Healthy Contributions membership programs. These programs may be available to individuals based on their Health Insurance.

Age Groups / Participant Categories

- Children – Children are age 4 and under and are free of charge as they require a paid adult to accompany them.
- Youth – Ages 5-17
- Adult – Ages 18-61
- Senior – Ages 62+
- Couple – Any two persons living in the same household.
- Family – A combination of up to 5 people living in the same household with an Adult maximum of 2.
- Disabled – Any person with a disability according to the Americans with Disabilities Act.
- Resident – Any person who lives in or owns property within the Mendocino Coast Recreation and Park District boundaries.
- Non-Resident – Any person who is visiting from outside the Mendocino Coast Recreation and Park District and does not own property within the District boundaries.

Center Age Restrictions

- Children age 7 and under must always have a supervising Adult or person over the age of 14 with them who is responsible for them.
- Children ages 5 and over must use the Locker Room of the gender that they identify with.
- **Weight Room Age Restrictions**
 - Ages 11 and under are not permitted with no exceptions.
 - Ages 12 – 15 are permitted only when a supervising adult is with them. The supervising adult is responsible for the behavior of the minor.
- **Group Fitness Class Age Restrictions**
 - Ages 11 and under are not permitted.
 - Ages 12 – 15 are permitted only when a supervising adult is with them. The supervising adult is responsible for the behavior of the minor.

Programs Registration

- Anyone who wishes to participate in a non-drop-in program must pre-register.
 - Non-drop-in programs consist of but are not limited to: swim lessons, private swim lessons, personal training, nutrition classes, and other enrichment classes.
- Program Registration is on a first come, first serve basis.
- Program Registration can be completed online, in person or on the phone.
- Programs must be paid in full at the time of registration.

- Program fees are not pro-rated for missed classes unless a class is canceled by MCRPD or the C. V. Starr Center.
- Participants may only attend the programs/classes that they are registered for. Participants are not allowed to change dates and times due to scheduling.
- A liability waiver must be filled out for each participant in each program prior to the first attendance. If the participant is under the age of 18 the waiver must be completed by a parent or legal guardian.
- Programs have a minimum and maximum number of participants. If the minimum number of participants is not met the program will have to be cancelled. If the Maximum number of participants has been met a wait list is created on a first come first serve basis. If a space opens the first person on the wait list will be notified and have 24 hours to respond.
- If for some reason a participant needs to unenroll. A written notice must be provided to the Center 3 days before the first date of the program. A refund request form must be filled out. There will be no refunds or credits for unenrollments made after 3 days prior to the start of the program unless there is documentation provided to prove a member is unable to use the center due to Illness, Injury or Relocation. **Refund Policy Appendix B**
- If a program is cancelled by the Center a full refund will be provided in the participants choice of a credit or refund check.

Facility Rentals

- Facility Rental fees are located on the **Fee schedule Appendix A.**
- All Facility Rental requests must be made in writing either on a Facility Use Form or Facility Use Agreement.
- Facility Renters are responsible for their guest's behavior.
- Facility Rental approval is subject to Center availability and staffing.
- Rental Requests are accepted on a first come, first serve basis.
- Payment is required to book the reservation once it is approved.
- Include any set up and break down time needed in the Rental Request.
- Applicants must be at least 18 years old.
- Birthday Party Rentals
 - Tables and chairs are provided.
 - Renter may arrive only 15 minutes prior to your party time for set up. If you need additional time, you may purchase it.
 - Renter is responsible for party guest behavior.
 - Food is allowed in the party room but not the pool area.
 - You may not exceed the guest maximum.
 - Confetti or similar debris is not permitted.
- Refunds/ Credits / Date Changes
 - To be eligible for a Refund, Credit or Date Change the Center must be notified at least 7 days prior to the rental. For Refunds and Credits a Request for Refund/Credit must be filled out.
- Facility rentals require insurance. With the exception of Swim Parties and Events/ Programs that are co-sponsored by the C. V. Starr Community Center, Mendocino Coast Recreation and Park District, or the City of Fort Bragg.

Appendix A: C.V. Starr Community Center Fee Schedule

	District Resident	Non- Resident
DAILY DROP-IN FEE		
Youth (5 to 17), Seniors (62+), and Disabled Adults	\$6	\$10
Adult (18 to 61)	\$8	\$12
Family (see definition below)	\$20	\$33
Each additional family member	\$5	\$8
Groups of 20 or more	\$1 off/person	\$1 off/person
10-Visit Pass Advance payment in full is required. Passes do not expire		
Youth (5 to 17), Seniors (62+), and Disabled Adults	\$54	10 visit pass fees are calculated by 10 times the drop-in rate for the pass category and then less 10%
Adult (18 to 61)	\$72	
Family (see definition below)	\$180	
1 MONTH MEMBERSHIP- Advance payment in full is required		
Youth (5 to 17), Seniors (62+), and Disabled Adults	\$37	
Adult (18 to 61)	\$62	
Couples (2 persons, same household)	\$104	
Family (see definition below)	\$131	
Each additional family member	\$15	
MONTHLY RECURRING MEMBERSHIP - 6 Month Minimum Required		
Youth (5 to 17), Seniors (62+), and Disabled Adults	\$32	
Adult (18 to 61)	\$52	
Couples (2 persons, same household)	\$84	
Family (see definition below)	\$109	
Each additional family member	\$10	
12-MONTH MEMBERSHIP – Advanced payment is required		
Youth (5 to 17), Seniors (62+), and Disabled Adults	\$346	12 Month Memberships are calculated by the Monthly Recurring rate times 12 and less 10% and then rounded to the nearest whole dollar.
Adult (18 to 61)	\$562	
Couples (2 persons, same household)	\$907	
Family (see definition below)	\$1177	
Each additional family member	\$110	

C. V. STARR COMMUNITY CENTER FEE SCHEDULE PROGRAMS	
	General Fee
GROUP ACTIVITY (per 30 minutes)	
Group Swim Lesson (cost per lesson)	\$5.00
Enrichment Activity	Fees are established by program staff at a minimum to cover direct program cost.
EXCLUSIVE ACTIVITY (per 30 minutes, unless noted otherwise)	
Private Lesson	\$25.00
Semi-Private Lesson (per student)	\$15.00
Personal Training Session (per person, 1 hour)	\$40.00

C. V. STARR COMMUNITY CENTER FEE SCHEDULE – FACILITY RENTALS	
	HOUR/DAY
ROOM RENTALS	
Small Multi-Purpose Room (room 1 or 2)	\$35.00/\$160.00
Combined Multi-Purpose Room (room 1 and 2)	\$60.00/\$250.00
Aerobics Studio	\$70.00/NA
Spin Room	\$70.00/NA
POOL RENTALS	
All Aquatic Facilities *	\$490.00/NA
Safe and Sober Graduation Parties (all night parties)*	\$1500.00/NA
Leisure/Activity Pool (no water park features) *	\$130.00/NA
Water Slide & Lazy River at the same time *	\$200.00/NA
Water Slide & Lazy River alternating *	\$100.00/NA
Competition Pool *	\$130.00/NA
Lane Rental for swim team use *	\$8.50/NA
Lane Rental for non-swim team use *	\$16.00/NA
OUTDOOR FACILITIES	
Special Event BBQ Area, Petanque Court, or North Lawn	\$25.00/\$110.00
SWIMMING PARTY or ZUMBA PARTY	
Up to 15 people (1/2 room)	\$125 (3 hours)
Each additional person (25 max total)	\$6
Up to 30 people total (full room)	\$225 (3 hours)
Each additional person (50 max total)	\$6
STAFF	
Staff Time	\$20.00/NA
*Pool rentals that exceed 100 participants require extra staffing.	

Appendix B: Credit, Refund and Cancellation Policy

Scope of Policy: To provide a general understanding in regard to options and associated terms associated with submitting requests for the following: credits, refunds and cancellations for District programs and services.

1.0 How to Apply for Refund or Credit

- 1.2 Contact Information: If you need personal assistance or have questions regarding credits, refunds and cancellations for District programs and services, please contact the District office at (707) 964-9446 or visit our website for District contact information at www.mendocostrec.org.
- 1.3 All requests in writing: All requests for credit, and/or refunds, must be in writing and submitted to the District associated with the program or service for which you are requesting the refund from by using one of the following: District Refund Request Form, e-mail or via signed letter. Verbal requests for refunds, credit and or cancellations are not able to be processed.

2.0 Approved Reasons for Refunds

- 2.1 Illness, Injury: Documentation from a physician must be presented when a refund or credit request is made as result of illness, injury. The participant is responsible for pro-rated fees from the program start date until a request is received.
- 2.2 Proof of relocation must be submitted when a request for refund or credit is the result of a change of relocation. The participant is responsible for pro-rated fees from the program start date until a request is received. All fees associated with this request are waived with a copy of a doctor's note or proof of relocation.
- 2.3 Exemptions: When a student is registered in a program that is deemed not a good fit by the Instructor.

1.0 Reimbursement Options

- 1.1 Refunds: Written requests to receive a refund will be accepted up to three business days prior to the first day of a program. Refund requests made after this time are unable to be processed. All refunds will be reviewed by designated staff prior to forwarding the approved refund amount onto the District's Business Office and in turn, checks are processed and are most often distributed out to the recipient within ten business days via standard mail. Refunds are issued as checks and are subject to a \$10.00 transaction fee.
- 1.2 Credit: Written requests to receive a credit will be accepted up to three business days prior to the first day of a program. Refund requests made after this time are unable to be processed. All refunds will be reviewed by designated staff prior to forwarding the approved refund amount to the District's Business Office. Program credit is maintained free of charge by the District on a customer's activity registration account. This credit can be used for all Parks and Recreation goods and services.
- 3.3 Cancellations by the District: To remain fiscally responsible and maintain the highest level of service, the District retains the right to cancel any of our programs, at any given time. For all District cancellations of program and services, the customer will be provided a full credit or refund. At time of cancellation, the customer may choose to receive a credit or refund.

Appendix C: Code of Conduct

1 Policy Statement

- 1.1 The District programs are designed to offer participants an opportunity to meet other people with similar interests and participate in activities in a fun, safe environment.

2 Purpose

- 2.1 In order to ensure an enjoyable environment for all, and to have a standard of conduct for participation in activities which will support this goal, the District shall establish a Code of Conduct applicable to all District programs. All participants in District programs must abide by the basic behaviors as provided in the established Code of Conduct.

3 Code of Conduct

- 3.1 All participants in District programs must abide by these basic behavior standards.
- 3.2 As much as possible, the written Code of Conduct shall be shared with participants and a signed agreement shall be returned to the District. Instances in which the Code of Conduct is not shared with participants or not signed in agreement shall not exempt a participant from complying with the Code of Conduct.
- 3.3 The following is the District's Code of Conduct:
- A. Every participant in the program is expected to exercise respect. This includes, but is not limited to, themselves, other participants, staff members, instructors, volunteers, and other people encountered through the program.
 - B. Participants must be respectful of property, including, but not limited to, District property and program equipment.
 - C. Every participant is expected to be an active listener.
 - D. Every participant is expected to know, understand, and follow the rules associated with the activity. If a participant is unaware of the activity's rules, the participant shall ask staff to share the rules.
 - E. Every participant is expected to cooperate with program operations.
 - F. Every participant is expected to communicate in an appropriate manner. Harsh verbal words, tone of voice, foul language, drug/alcohol references, sexually inappropriate language and/or inappropriate gestures are not tolerated.
 - G. Every participant is expected to express civil conduct. If physical contact is made with another person, it must be a welcoming gesture and appropriate (always ask permission). Horseplay, unwelcome teasing, pushing, kicking, hitting, biting, or fighting, etc., are not tolerated and may result in suspension or expulsion from the program.
 - H. Participants have the right to participate in an environment where all participants can achieve their full potential without being impeded by discrimination or harassment based on race, religion, national origin, age, sex, marital status, political affiliation, veteran's status, disability, sexual orientation, or any other status protected by applicable federal, state, or local nondiscrimination laws.
 - I. Every participant in the program is expected to exercise an attitude that elicits goodwill towards others and program activities.
 - J. Every participant in the program is expected to promote and support a safe, fun, and healthy environment through productive participation.
 - K. Participants must allow staff to start and end programs on time and should not keep staff beyond the scheduled program time. If the participant has an issue or questions to discuss

with the staff that is not able to be addressed during the program, the participant should ask when staff would have time to discuss, email the staff, or call the staff.

- L. Payment for a program is due before participation in the program activity. All previous balances must be paid in full before further participation.

- 3.4 Any participant who engages behavior that violates the established Code of Conduct is subject to disciplinary action and removal from the program. When a participant's behavior (adult or child) is deemed inappropriate, the following disciplinary action guidelines shall be applied:
 - 1. If a participant displays inappropriate behavior, staff shall verbally request that the behavior be discontinued. Adults are expected to comply with the request. If the participant is a child and the behavior does not stop, staff shall implement a "Take a Break" strategy. The purpose of a Take a Break is not to punish anyone but rather to help participants restore the mental focus and emotional control needed for appropriate participation. A "verbal" report shall be filed, and a copy shared with the participant/parent. If the child's behavior reoccurs or escalates, the parents shall be notified immediately, and the child shall be removed from the program for that day.
 - 2. If a participant's unacceptable behavior continues on a regular basis, involved staff, the instructor, and the participant (and their parent if the participant is a minor) shall meet. A written report shall be filed, stating the inappropriate behaviors already demonstrated and the expected changes for the next program meeting date(s).
 - 3. One more incident of unacceptable behavior shall result in the participant's removal from the program (and other District programs) for a specified period of time, or permanently, depending on the severity of the behavior.
 - 4. In cases of unacceptable behavior that is physically threatening to other participants or staff, the District reserves the right to immediately remove a participant from a program, call the parent/guardian, and/or call 9-1-1.
- 3.5 Participation in the District's programs are an important element in the human development process and contribute to a better quality of life. A safe and positive environment provides maximum enjoyment and benefits from participation in District activities. The rules of fair play exist to protect all participants, staff, volunteers, officials, coaches, and spectators. Everyone has a responsibility in ensuring fair play exists through adherence to the District's Code of Conduct. Violent or abusive behaviors such as verbal threats and insults, attempts to intimidate as well as physical assault and battery have no place in the District's facilities or programs. Education and training to raise awareness of unsafe behaviors shall promote positive and safe environments for all participants, staff, volunteers, officials, coaches, and spectators enjoying all District activities.

Appendix D: Dress Code Policy

1.0 Dress Code

It is the policy of the Mendocino Coast Recreation and Parks District that all persons dress appropriately when using District facilities and adhere to a dress code policy for personal hygiene, health, and safety. No person shall appear nude while using any District facilities, except in the locker rooms and restrooms. Nude is defined as unclothed or in such a state of undress as to expose any part or portion of the pubic or anal region or genitalia of any person or any portion of the breast at or below the areola thereof of any female person. The Dress Code applies to the Gender that one identifies with.

2.0 Natorium

- 2.1 All persons swimming in the pool must have on proper swim attire.
- 2.2 Swim diapers are mandatory for children who are not, yet toilet trained. They are available from the front desk for a nominal charge. Plastic swim diaper covers are required over swim diapers. They are also available for purchase at the front desk for a fee.
- 2.3 The following attire is not allowed.
 - 2.3.1 Street clothes, Brazil/French-cut, thong style and/or revealing swim wear
 - 2.3.2 Underwear and undergarments are not allowed to be worn as swimsuits.

3.0 Dry Land Fitness Areas

- 3.1 Appropriate athletic apparel is required during activities in the weight room, spin room and dance/aerobic room.
- 3.2 Clean clothing and shoes to be worn in fitness center and gym areas. Shorts must cover your entire buttocks and other such areas completely. Shirts must be worn and cover full torso
- 3.3 No belts, buttons, or bling on clothing. This can tear the equipment padding or catch on something causing potential damage.
- 3.4 Clean closed toed/closed heeled athletic footwear is required at all times while working out. NO bare feet or just socked feet allowed in fitness areas. Exceptions: Yoga and Stretching/Ab type classes or other instructor approved classes. No work shoes, sandals, open-toe shoes, or boots are to be worn.
- 3.5 No inappropriate advertising or sayings on clothing. Any garment inscribed, printed with patches, slogans, words, pictures, symbols, or print, which may be interpreted to be offensive is prohibited.
- 3.6 Perfume/Cologne should not be worn when working out and smoking should be refrained from prior to working out.