



## Members & Guests Usage Guidelines

Thank you for choosing the Pierpont Racquet Club as your destination for health and fitness! Please familiarize yourself with the Dress Code and Rules & Regulations of the Club for your convenience and comfort. **The Pierpont Racquet Club requires all guests to complete a waiver prior to Club usage.**

When you come into the Club, please present your Temporary Membership Card at the Service Desk and sign in on the daily guest sheet.

The Pierpont Racquet Club reserves the right to refuse service to those who do not comply with the following guest rules & regulations and dress code as follows:

### **Dress Code:**

The PRC maintains a Dress Code requiring the wearing of proper attire while enjoying the PRC and its facilities.

Proper tennis, racquetball, swimming, and fitness attire are always required.

Swimwear may not be worn in any areas other than the pool areas and locker rooms.

Non-slip shoes/sandals are recommended in the pool and locker room areas.

Please wear non-marking court specific shoes on the courts!

Closed-toed shoes and shirts are required in exercise and fitness rooms.

### **Other Regulations:**

- No food is allowed on the courts or in the fitness areas. (No outside food is allowed on Club grounds).
- No glass or breakable containers are allowed on Club grounds.
- Courteous behavior and good sportsmanship is expected at all times while playing racquet sports or any PRC activity.
- Tennis courts are assigned first come first served in person at the PRC Service Desk.
- Lockers are available for personal items and valuables should be locked up. The PRC is not responsible for lost or stolen items.

### **Pool & Jacuzzi Usage:**

Please remember the "buddy system" is in effect at all times.

We recommend you do not swim alone as we do not have lifeguards on duty.

- All individuals must shower before entering the pools and Jacuzzi.
- Lap lanes accommodate two swimmers whenever necessary. In general, lap swimmers have priority in the two lap lanes nearest the windows in the indoor pool area. Non-lap swimmers and children have priority in the open area nearer the pool steps.
- DO NOT sit on or hang on lap lane lines as they will break.
- NO diving, running, jumping, or throwing anyone into the pool.
- **Children under 14 must be directly and actively supervised by a responsible adult (18years or older) and be in the same pool area the child is swimming in and within arm's reach (3 feet) and submit Parental Permission Slip.**

The Jacuzzi is between 102 - 104 degrees. Jacuzzi capacity is 12 people. The PRC recommends that individuals not sit in the Jacuzzi for more than 5 minutes at a time.

- Individuals should not use the Jacuzzi while under the influence of drugs or alcohol.
- Elderly persons, pregnant women, infants, or those with heart conditions medical care should consult a physician before entering a Jacuzzi.
- Individuals under 75 pounds should use the Jacuzzi only briefly.

### **Fitness Area Usage:**

The fitness areas are open during all hours of regular Club operations. Please keep in mind that improper use of the equipment can result in injury, therefore proper technique is important. Individuals wishing assistance in proper use of the equipment, including free weights, are asked to schedule a complimentary orientation by appointment.

Please inquire in the Fitness Office or at the Service Desk.

Proper attire is always required in the Fitness areas.

Shirts and appropriate athletic footwear must be worn (no bare feet, open toed or street shoes allowed).

**Cellphones must be silenced in all Fitness Areas including Class Studio.**

No speaker phone usage. No video recording of members without their permission.

### ➤ **Junior Usage:**

**All individuals 17 and under must submit a parental permission slip signed by a parent or guardian.**

- **Children under the age of 8 are not permitted in Fitness Areas due to safety concerns.**
- Children 8-12 may use the Cardio room **only if directly supervised** by an adult. **They are not permitted in the Free-Weight room.**
- Juniors 13-15:
  - May use the *Cardio room and SportsArt Weight Machines* on their own only if instructed proper use prior by an adult or by a PRC Fitness Specialist.
  - May use *Free-Weight* room **only when directly supervised** by a parent or adult, over 18 years of age.
- Juniors 16-17:
  - May independently use all fitness areas after they have met the requirements and assuming they know proper use of equipment or go through an orientation session with a Fitness Specialist.

***\*For full Club Rules & Regulations please refer to the Membership Rules & Regulations.***

For more information contact us at 805.648.5161

**Pierpont Racquet Club**

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**Ventura, Ca. 93001**