

Engaging in sport activities is both beneficial and rewarding. The benefits of exercising can be enjoyed in many ways. However, any physical activity, including those conducted within a sport facility, carries with it some risk of harm, no matter how prudently and carefully services may be provided. Common sense and personal awareness can greatly reduce the elements of risk in engaging in physical activities.

Observe the code of conduct listed below and share with other patrons the responsibility for a great physical activity experience. The following guidelines are some basic elements of common sense and courtesy and are applicable to all areas of this facility.

- KNOW YOUR PHYSICAL LIMITATIONS. You are responsible for knowing your limitations. Consult with a physician before participating in recreational and sports activities.
- GOOD SPORTSMANSHIP is expected from players, coaches, officials, fans and parents at every match by demonstrating a positive attitude and speaking in a positive manner towards all involved.
- DO NOT PLACE a burden on children to win games. The purpose of youth sports is to develop physical, mental and social skills; while providing positive support for all players on all teams.
- RESPECT OFFICIAL'S DECISIONS and teach children to do likewise.
- NEVER ARGUE with an official. Only a captain or coach may approach the official during a break or after the competition.
- REMEMBER that sports participation is an opportunity to learn and have FUN.
- TREAT COACHES, PLAYERS, OFFICIALS AND FANS WITH RESPECT. Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviors.
- SUPPORT efforts to remove verbal and physical abuse from sporting activities.
- KNOW YOUR PHYSICAL ABILITIES. You are responsible for knowing your abilities and participating in activities that are within the scope of your abilities.
- USE COMMON SENSE. You are responsible for using common sense at all times. Please ask facility personnel to assist you if you are unsure of how a piece of equipment works or if you need general assistance.
- CHECK EQUIPMENT AND PLAYING SURFACES. You are responsible for checking that any equipment you use is in working order and set properly for your use before you use it. You are further responsible for checking all playing surfaces (including boards) before using them to confirm that they are in good condition and safe for your use. If you encounter any problems, you are responsible for reporting the problem(s) to facility personnel immediately.
- BE CAREFUL. Be aware of your surroundings and the presence of other patrons.
- PROPER ATTIRE. Proper attire must be worn in the facility.
- BE COURTEOUS TO OTHERS.
- INJURIES. You are responsible for reporting all injuries to a facility staff member. Report all observed hazards to facility personnel immediately.
- OBSERVE FACILITY RULES. Obey facility personnel and all posted signs.

This is just a partial list. Be safety conscious. The facility's personnel cannot guarantee your safety and cannot protect you from injury. YOU ARE RESPONSIBLE FOR YOUR PERSONAL SAFETY. It is YOUR RESPONSIBILITY to use common sense and know your physical capabilities and limitations. Failure to use good judgment, participate responsibly, or follow Your Responsibility Code may result in injury and will result in the loss of facility privileges.