Sargent Family Community Center Walking Track Information & Rules

- 1. Prior to use, please sign-in at front desk.
- 2. Consult your physician before starting any exercise program.
- 3. The walking track is available for use Monday-Friday 6:00 AM 9:00 PM and on weekends 8:00 AM 5:00 PM, unless otherwise noted for special events.
- 4. Walk in the direction noted for each day. Tuesday, Thursday & Saturday: Clockwise. Monday, Wednesday, Friday & Sunday: Counter Clockwise.
- 5. Track Distance: Inside lane: 14.5 laps = 1 mile. Outside lane: 13 laps = 1 mile.
- 6. Clean, dry, non-marking sneakers are required. No street shoes or bare feet are allowed at any time. It is recommended users change shoes in the locker room prior to entering track.
- 7. Stollers are permitted, granted they have clean, dry wheels. The facility *does* have a stroller available for use.
- 8. Water only allowed. No tobacco, food, chewing gym, other beverages, glass bottles or cans allowed. Plastic water bottles are permitted.
- 9. Use caution when entering and exiting the walking track/gymnasium.
- 10. Walkers use the inside lanes while runners use the outside lanes. No more than two across. No stopping on the track.
- 11. Youth in grades 2^{nd} and under must be accompanied by an adult.
- 12. No foul language.
- 13. Shirts are required at all times.
- 14. Please report any injuries that take place while at the community center.
- 15. The Presque Isle Recreation Department reserves the right to revoke privileges if rules are not followed.