

## Aquatics

- The lap pool capacity is 122 and the multi-use pool capacity is 201. Admittance will be refused when capacity is reached.
- Warning: Shallow water. Diving is prohibited.
- A cleansing shower is required before entering the pool.
- Obey staff instructions to avoid accidents or injury.
- Profane language or violence of any kind is prohibited.
- Running, rough play, dunking or throwing harmful objects is prohibited.
- For your safety, please refrain from drinking or spitting the pool water.
- Open cuts, wounds, infections, diarrhea, or communicable diseases are prohibited.
- Proper swimwear is required. Proper swimwear includes, but is not limited to: bathing suits, board shorts, and rash guards. The following is not considered proper swimwear: denim shorts, transparent swimwear, thongs, or Brazilian/G-string bathing suits or similar.
- Glass, hazardous objects, food, tobacco of any kind is prohibited in the pool and deck area.
- U.S. Coast Guard approved flotation devices only, lifejackets are available upon request.
- Lifeguards take part in active training during operating hours. Notification will be made for training exercises.
- Lap Lanes are for continuous lap swim. Use proper lap swim etiquette, circle swim during peak times.
- Hanging, sitting, or climbing on lane lines is prohibited.
- Use of swim diapers for non-toilet trained swimmers is required. Regular diapers are prohibited.
- Clothing and diaper changes must be made in the locker rooms. Pool deck diaper changes are prohibited.
- The Epic is not responsible for lost or stolen items.
- Temporary closures may occur during severe or dangerous weather.
- Report broken equipment to The Epic staff immediately.

## Waterslide

- Minimum rider height is 48". Maximum weight is 300lbs.
- Warning: Shallow water. Diving is prohibited.
- Lifejackets, goggles, eyeglasses, jewelry, exposed zippers or sharp item are prohibited.
- Non-swimmers are prohibited. Young riders must be supervised by a parent or responsible adult.
- Only one rider at a time, a multi-rider train is prohibited.
- Enter the waterslide in the sitting position and wait for instructions from the aquatics staff.
- Enter feet first with arms crossed at the chest, sit up or lay back. Standing, kneeling, tumbling or stopping is prohibited.
- Riders must wait until the splash area is clear before going down the waterslide. Exit quickly.
- Catching young children at the bottom of the waterslide is prohibited.
- Riders must be in good health. Individuals with medical conditions including, but not limited to, pregnancy, heart, back problems, should not ride.
- Riders assume all risk of injury due to misuse of the slide or failure to follow the waterslide rules.

## Spa/ Hot tub

- Ages 6+; ages 6-11 always require an adult in the spa.
- The spa capacity is 14. Admittance will be refused when capacity is reached.
- Warning: Shallow water. Diving is prohibited.
- A cleansing shower is required before entering.
- Open cuts, wounds, infections, diarrhea, or communicable diseases are prohibited.
- Individuals with health problems, such as heart disease, high/low blood pressure, circulatory issues, diabetes or pregnant should consult a physician before use.
- Spa recommendations limit regular use to 15 minutes and not immediately after strenuous exercise or submerge completely due to extreme water temperatures.

## Code of Conduct

**Violence:** The Epic has **ZERO** tolerance for physical violence and verbal threats. Fighting, altercations, harassment, or threats will result in immediate & indefinite suspension from The Epic. Physical threats to use weapons or bodily harm will also result in an immediate & indefinite suspension. The Epic management has the right to enforce the proper resolution and/or consequences at their discretion.

**Drugs, Smoking, and Alcohol:** Engaging in any activity at The Epic while under the influence of illegal drugs is strictly prohibited. The Epic does not permit tobacco use, smoking, e-cigarettes, or illegal drugs, including steroids, in the facility at any time. Smoking is not permitted within 25 feet of building entrances. Alcohol must be purchased at The Epic and consumption is closely monitored. Bringing alcohol to The Epic is strictly prohibited.

**Conduct:** The Epic does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, profanity, using loud, abusive, offensive, insulting, or derogatory language, lewd conduct, or any conduct that harasses or is bothersome to members, guests or The Epic staff.

**Dress-Code:** Proper clothing is required to enter The Epic Recreation Center. Proper clothing includes, but not limited to: shirts, pants, shorts, skirts, shoes, and closed toe shoes (required only on fitness floor, track, and both courts). The following is not considered appropriate: See-through shirts, clothing with offensive language or images, and swim wear (only for aquatics area).

**Photography:** The taking of photos or filming of others is not permitted without their prior knowledge and consent. Under no circumstances is any photography or filming permitted within the KidsPlay/TinyTot or locker room areas.

**Theft:** Theft or vandalism of any kind will be treated as criminal offense and police will be contacted. The Epic is not responsible for any lost or stolen items; storage of personal items in public areas is not permitted. Personal items are to be safely secured and locked.

**Solicitation:** Soliciting for personal gain or on the behalf of any non-related entity will not be tolerated. This includes, but is not limited to, solicitation for profit, political purposes or any other reason; use of petitions; distributing or posting leaflets, notices or advertising anywhere in the facility; or leaving multiple copies of leaflets or other papers.

**Communication :** Immediately advise staff of relevant information regarding any issues, injuries, or emergencies.

**Code of Conduct Violations:** Violations could result in an indefinite suspension at the discretion of the General Manager and/or the General Manager's designee. Severe Code of Conduct violations will result in immediate and permanent membership termination, and possible police intervention.



## Policies & Code of Conduct

To provide a safe and positive environment for all members of The Epic and guests, it is important to follow the policies outlined below and other posted regulations. Additional regulations may be implemented or amended when deemed necessary. Staff reserves the right to enforce any other rules not posted to ensure the safety of all participants.

**Minor's aged 11 and under may use the facility with the direct supervision of a paid guardian age 15+ and must always remain within arms-reach. Under no circumstances can children under the age of 12 be left unsupervised at The Epic. Access exceptions apply - See below:**

Area	Age Requirements
<b>Fitness Floor &amp; Outdoor Turf</b>	12+ No infants or children under the age of 12 permitted
<b>Classes</b>	<b>GorupFit</b> 12+ <b>CrossFit</b> 14+
<b>Upstairs Track</b>	12+ 8+ <b>ONLY</b> during Family Hours* *M-F 5pm-7pm; Saturday-Sunday 2pm-4pm Parent/Guardian must be within arms reach at all times.
<b>Childwatch</b>	<b>TinyTots</b> 3 months – 5 years (Max cap 15) <b>KidsPlay</b> 5 years – 11 years (Max cap. 25)
<b>Sports Courts</b>	12+ 11 and under: direct supervision from guardian age 15+
<b>Level Up Lounge</b>	6yrs-15yrs only 6 & under must be with a 15yr old or older
<b>Aquatics</b>	12+ 7-11: direct supervision from guardian age 15+ 6 and under: <b>MUST</b> wear a life jacket or guardian age 15+ required in the water at all times.
<b>Spa</b>	12+; ages 6-11 require an adult in spa
<b>Locker Rooms</b>	Children 5 years and older must use the same sex locker rooms or family changing rooms

## Access

- Use of The Epic requires an active membership or paid guest pass; the guests of members require a paid guest pass. Other applicable fees apply for classes, programs, services, and events.
- All members aged 4 and over are required to scan a valid membership card upon entry to The Epic. Ages 3 and under are free with membership holder or paid guardian age 15+.
- One card issued per member. If lost, replacement cards must be purchased for \$5 before entrance to the facility and use of amenities will be granted. Purchase of a new card is required after three (3) manual scan-ins by Epic staff.
- Membership cards and privileges are non-transferable; memberships can be terminated without refund for providing a card, facility entry, or member privileges to non-members.

## Fitness

**Use at your own risk. Personal injury falls with the participant due to the inherent nature of the activities.**

**The Epic is a closed-training facility; only those certified trainers, coaches and instructors who are contracted through the City of Grand Prairie are permitted to train members/guests. Failure to comply may result in suspension or termination of membership privileges for all parties involved.**

- Consult a physician before using any recreation equipment or before beginning any workout program.
- No distracting cellphone conversations on the fitness equipment or floor. No radios/music without headphones.
- Proper workout clothing required. Closed-toe tennis shoes required; no street or black-soled shoes. No studded clothing that may rip upholstery. Clothing with obscene language/pictures is prohibited.
- Wipe down the equipment following use for the health and comfort of all members.
- Always maintain control of weights. Weights are to be used on the downstairs rubber floor only. Weight belts and spotters are recommended for all heavy lifting. Chalk prohibited.
- Return all weight plates to the appropriate rack after use.
- No member should monopolize equipment or weights. Vacate machines between sets to allow others to use.
- Cardiovascular machine use is limited to 30 minutes, including warm-up and cool down, during peak use times.
- Equipment is to be used correctly; no side/back walking or speeds that cause damage to the equipment.
- No infants or children under age 12 permitted on the fitness floor.

## CrossFit 2960 Classes

- All fitness policies and rules apply. Ages 14+
- Only available during programming with an Epic CrossFit Level 1 Certified Trainer.
- CrossFit 2960 upgrade required for entry.

## GroupFit Classes

- Group Exercise rooms are not available for use to members and guests except during scheduled classes. No food allowed. Drinks must be in a closed/sealable container. Ages 12+
- During group exercise class, excessive talking must be avoided so all participants can hear instructor cues, safety instruction, and/or important announcements. Keep cell phones on silent.

## Track

- Approximately 7.5 laps around the track is one mile. Use caution when entering and exiting the track.
- Strollers, roller blades, or other wheels prohibited. Wheelchairs and personal walkers are allowed.
- Babies must be secured in a sturdy body carrier, walking only.
- WALK on the inside lane, RUN on the outside lane. Sprinting and racing are prohibited.
- Always look before passing or crossing a lane; the person in that lane has the right of way.
- Walk no more than two side by side.
- No dropping or throwing balls or other items to lower level.
- Proper workout clothing is required. No swim attire.

## Elevation Track

- Equipment is located on the outside lane. A clear path is required on the inside lane.
- Climbing, swinging, hanging, or throwing objects over the handrails is prohibited.
- Rough play, pushing, profane language, or violence of any kind is prohibited.
- Report broken equipment to The Epic staff immediately.
- Proper workout clothing is required. No swim attire.
- Strollers, roller blades, or other wheels prohibited.

## Sports Courts

- Food and sodas are prohibited on the courts. Water and Sport drinks must be in a closed/ sealable container.
- Shating courts and hoops is a must. No open gym during leagues, programs, or classes.
- Court shoes and shirts are required. No street shoes, boots, sandals, or bare feet.
- Fighting, obscene language, antagonistic behavior and related actions will result in expulsion from the facility.
- Hanging on rim, backboard or net and shooting from the track is not permitted.
- Report broken equipment to The Epic staff immediately.

## Level up Lounge - Game Room

- 6-15 years of age only. Membership or day pass required.
- Children under 6 years of age must be supervised by an adult/guardian during game room hours Max age of 15 unless providing supervision. Hours of operation are subject to change based at facilities discretion.
- Fighting, obscene language, antagonistic behavior and related actions will result in expulsion from the facility.
- Report broken equipment to The Epic staff immediately.

## Family Changing Area

- Family changing areas are intended for families with children or individuals in need of assistance.
- Limit use to 20 minutes during peak times.
- Cell phone use, photography, and filming in the locker rooms is strictly prohibited and can result in permanent membership termination.
- Personal belongings are prohibited in public areas. All personal items must be stored in lockers.

## KidsPlay/TinyTots - Childwatch

- All Children 4yrs and older req. a membership to The Epic.
- Childwatch membership req. for unlimited childwatch of \$10 a month per child
- Staff will not change diapers; parents will be paged for diaper changes. Fresh diaper required before entry.
- Membership or guest pass required and parent/legal guardian must remain in facility at all times.
- Only parent/legal guardian may drop off/pick up children. The same individual must complete sign out.
- Pacifiers or comfort items are allowed, if labeled.
- Personal toys and snacks are not allowed.
- Epic staff will not administer medication, change diapers, or be responsible for personal items.
- Time-out will be used to address behavioral issues.
- Potential Notifications: Parents may be paged for a child who is crying more than 10 minutes, disruptive, disobedient, sick, in need of parent, or in need of a diaper change.
- Sick Child Policy: A child should not attend if they have a 99+ fever, rash not associated with diapers, headache, sore throat, swollen glands, cough, or have symptoms such as sniffles, red eyes, abdominal pain, skin spots or bumps.
- Cell phones/tablets for ages 2 and under are not allowed
- Parents will be paged for behavioral issues
- Members/Guests who leave the building will lose privileges for 30-days and police may be notified.
- Children in KidsPlay more than the allotted time will be charged \$10 for each additional five minutes
- Shoes must be left on indoor play structure; socks are required.
- Outdoor KidsPlay: Playing on the fence is prohibited. Shoes are required.

## Locker Rooms

- Children 5 years of age and older must use the same sex locker rooms or family changing areas.
- Family changing areas are intended for families with children or individuals in need of assistance.
- Cell phone use, photography, and filming in the locker rooms is strictly prohibited and can result in permanent membership termination.
- Personal belongings are prohibited in public areas. All personal items must be stored in lockers.
- Locker use is for day use only. Please remove your items from the lockers each day.
- The Epic is not responsible for any lost or stolen items.