



MISSION VIEJO

City of Mission Viejo
Recreation and Fitness Centers



Montanoso Weight Room Rules & Regulations

1. Participants must be 12 years old or older to use the weight equipment. (Participants 12 to 17 years old must have parent release form on file). (Participants 12 to 13 years old must be accompanied by an adult when in the weightroom).
2. Shirts and closed-toed shoes must be worn at all times.
3. Use of profanity is prohibited.
4. When doing more than one set, please allow others to work in.
5. If unfamiliar with the equipment, please obtain assistance. A workout program can be implemented. Observe instruction placards on machines.
6. A towel is required at all times. Loaner towels are available if necessary.
7. Please return all plates, handles and dumbbells to the appropriate racks when not in use.
8. When using a machine, do not slam or drop the weight stack. Maintain control of the movement at all times.
9. Do not drop dumbbells or weight plates.
10. If weights become jammed, do not try to free them yourself. Obtain staff assistance.
11. Report all malfunctioning or broken equipment to the staff.
12. If you feel unusual pain, dizziness, or light-headedness, please see a staff member.
13. Utilize the workout cards to monitor progress.
14. Drink enough fluids to stay properly hydrated.
15. Perform warm-up and stretching activities before and after workouts.
16. Food and beverages are not allowed in the workout areas. Water bottles OK.
17. When using free weights, please use a spotter.
18. The City of Mission Viejo is not responsible for lost or stolen articles left in the workout areas. Please use locker facilities.
19. A medical evaluation with a physician is recommended before beginning an exercise program.

Montanoso Cardio Room Rules & Regulations

1. Participants must be at least 12 years of age to use the cardio equipment. (Participants 12 to 17 years old must have a parent release form on file). (Participants 12 to 13 years old must be accompanied by an adult when in the cardio rooms).
2. There is a 30- minute time limit on all cardio equipment when others are waiting.
3. Wipe down the cardio equipment after use if necessary.
4. Please use caution when using the treadmills. Be alert to prevent falls.
5. Perform warm-up activities and stretching before and after workouts.
6. Utilize the workout cards to monitor fitness progressions.
7. Drink enough fluids to stay properly hydrated.
8. If you feel unusual pain, dizziness or light-headedness, please see a staff member.

Sierra Weight Room Rules & Regulations

1. Participants must be at least 8 years of age to use the weight equipment.
*(Participants 8 to 17 years old must have parent release form on file).
*(Participants 8 to 11 years old may use the Hoist KL series only).
*(Participants 8 to 13 years old must be accompanied by an adult).
2. Shirts and closed-toed shoes must be worn at all times.
3. Use of profanity is prohibited.
4. When doing more than one set, please allow others to work in.
5. If unfamiliar with the equipment, please obtain assistance. A workout program can be implemented. Observe instruction placards on machines.
6. A towel is required at all times. Loaner towels are available if necessary.
7. Please return all plates, handles and dumbbells to the appropriate racks when not in use.
8. When using a machine, do not slam or drop the weight stack. Maintain control of the movement at all times.
9. Do not drop dumbbells or weight plates.
10. If weights become jammed, do not try to free them yourself. Obtain staff assistance.
11. Report all malfunctioning or broken resistance equipment to the staff.
12. If you feel unusual pain, dizziness, or light-headedness, please see a staff member.
13. Utilize the workout cards to monitor progress.
14. Drink enough fluids to stay properly hydrated.

15. Perform warm-up and stretching activities before and after workouts.
16. Food and beverages are not allowed in the workout areas. Water bottles OK.
17. When using free weights, please use a spotter.
18. The City of Mission Viejo is not responsible for lost or stolen articles left in the workout areas. Please use locker facilities.
19. A medical evaluation with a physician is recommended before beginning an exercise program.

Sierra Cardio Rules and Regulations

1. Participants must be at least 8 years of age to use the cardio equipment.
*(Participants 8 to 17 years old must have a parent release form on file).
*(Participants 8 to 11 years old may use any of the cardio equipment based on safety, supervision and size of the participant).
*Participants 8 to 13 years old must be accompanied by an adult).
2. There is a 30-minute time limit on all cardio equipment when others are waiting.
3. Wipe down the cardio equipment after use if necessary. Carry a towel with you.
4. Report malfunctioning or broken cardio equipment to the staff.
5. Please use caution when using the treadmills. Be alert to prevent falls.
6. Stop the treadmill completely after use. Do not step off until treadmill is at a complete stop.
7. Perform warm-up activities and stretching before and after workouts.
8. Utilize the workout cards to monitor fitness progressions.
9. Drink enough fluids to stay properly hydrated.
10. If you feel unusual pain, dizziness or light-headedness, please see a staff member.
11. Please check with other participants when changing channels on the TV's.