



**SAFETY RULES AND GUIDELINES  
(PER AREA)**

# The Cage

## Rules and Guidelines

- NO use of the batting cages without a helmet
  - NO use of the batting cages for hitting without a protective L-Screen
  - NO horseplay
  - NO open toed shoes
  - NO cleats, ONLY turf and tennis shoes permitted
  - NO muddy clothes, shoes, and equipment
  - NO food or beverages – except water- are allowed on the turf or in the cages
  - NO sunflower seeds or gum. Anyone in violation of this rule may be asked to leave and a rental fee will be forfeited.
  - NO tobacco or vaping products of any kind
  - NO unauthorized firearms or weapons
  - NO Spitting, or nose clearing
  - NO person under the influence of Drugs or Alcohol is permitted to use “The Cage”
  - NO throwing of bats, or equipment
  - NO throwing of balls back at machines.
  - NO spectating athlete is to be within 5 Ft of the netting
  - NO altercation of equipment or technology without approval from Athletix management
  - NO use of equipment other than it’s attended use
  - NO equipment is to be taken out of “The Cage”
  - NO propping or opening facility doors
  - NO Child under the age of 15 are permitted to be alone, must always have adult supervision on site
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- Athletix Facility **waiver of liability must be signed** by participants before use of “The Cage”. Any user under 18 years of age (Parent/guardian must sign).
  - Participants within “The Cage” **must wear** adequate **protective gear** appropriate for their sport (E.g., helmets for both batting practice pitchers and hitters).
  - Have proper hygiene of athletic wear and equipment to maintain cleanliness, and prevention of spreading germs.
  - Athletix highly recommends tucking in jewelry to prevent from being yanked or caught on equipment.

- Pitchers during live batting practice must always use a L-Screen for safety.
- Use of each individual cage will be regulated for personnel practices. Utilization of L screens, netting, and protective equipment will ensure the safety of participants.
- Only approved balls by Athletix management will be used for pitching machines.
- Batting practice/swinging of bats must only take place in the cages.
- Balls may be pitched at any time. **BE ALERT AT ALL TIMES.**
- Those who are in “The Cage” that are not in play are to be in designated standing areas.
- ONLY active participants and coaches are allowed in “The Cage” during rental times.
- Please be aware of your surroundings- Coaches remind your players that there is give in the batting cage nettings and they should not walk or stand within 5 ft of any occupied net/cage.
- All equipment malfunctions and concerns need to be reported to the staff immediately.
- For sports besides baseball or softball, use of “The Cage”. Protective measures must be approved in advance by Athletix management.
- Please be mindful and return all balls and equipment to their proper place after use.
- If you have the flu, a cold, or any other contagious illness, please do not use the “The Cage”.
- This is a family atmosphere; no profanity, fighting or vulgar language/gestures will be permitted. Violators will be asked to leave.
- Athletix management reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate.

**CAUTION!** Injuries could result from the use of these devices. Users should assume the Inherent risks of batting baseballs and softballs and other equipment. If users have any questions about the use of these devices or the inherent risks associated with the use of these devices, ask the attendant before using the “The Cage”.

**Patrons are expected to know all facility rules and guidelines.**

# Strength and Fitness Center

## Rules and Guidelines

- NO horseplay
  - NO open toed shoes
  - NO muddy clothes, shoes, and equipment
  - NO food, ONLY drinks that have a sealable lid
  - NO sunflower seeds or gum. Anyone in violation of this rule may be asked to leave and a rental fee will be forfeited.
  - NO tobacco or vaping products of any kind
  - NO unauthorized firearms or weapons
  - NO person under the influence of drugs or alcohol is permitted to use the “Strength and Fitness Center”
  - NO throwing or slamming of weights
  - NO jeans are permitted. Jeans often have studs, rivets and zippers which may tear the fabric on the benches.
  - NO altercation of equipment or technology without approval from Athletix management
  - NO use of equipment other than it’s attended use
  - NO equipment is to be taken out of the “Strength and Fitness Center”
  - NO Child under the age of 15 are permitted to be alone, must have adult supervision on site.
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- Athletix Facility **waiver of liability** must be **signed** by participants before use of “The Strength and Fitness Center”. Any user under 18 years of age (Parent/guardian must sign).
  - You must check-in with Athletix front desk representative upon entering the “Strength and Fitness Center”.
  - Prior to entering the “Strength and Fitness Center” all members must have an “Active” Athletix member status. New members, day passes, and renewals can be taken care of at the front service desk.
  - You are expected to observe weight room etiquette and always demonstrate courtesy towards others.
  - SHIRTS, BOTTOMS, and SHOES must be always worn.
  - Tops, tanks, and sleeveless shirts are to be worn in a tasteful manner in accordance with athletic wear.
  - Athletic bottom wear. Buttocks must always remain covered with a few inches to spare.

- NO Bare feet, socks only or sandals are permitted (except during certain group exercise classes).
- Athletix highly recommends tucking in jewelry to prevent from being yanked or caught on equipment.
- During winter months and rainy days, please bring a dry pair of shoes. The facility attendant on duty may deny access to the “Strength and Fitness Center” if you do not have a dry pair of shoes.
- Have proper hygiene of gym wear and equipment to maintain cleanliness, and prevention of spreading germs.
- Articles lost are kept in the lost and found boxes located by the front desk as you enter the facility. Athletix is not responsible for any lost or stolen articles.
- For the courtesy and safety of all members, all lifters **MUST** re-rack their own dumbbells and weights after they have finished using them. Continued failure to abide by this “Strength and Fitness Center” policy may lead to the suspension or termination of your membership.
- Please perform exercises with weight that you can safely lift or have someone spot you.
- Please make sure to sanitize the equipment after each use.
- If you have the flu, a cold, or any other contagious illness, please do not use the “The Strength and Fitness Center”.
- All equipment malfunctions and concerns need to be reported to Athletix staff immediately.
- This is a family atmosphere; no profanity, fighting or vulgar language/gestures will be permitted. Violators will be asked to leave.
- Athletix management personnel reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate.

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# The Fieldhouse

## Rules and Guidelines

### The Courts

- NO horseplay
  - NO open toed shoes
  - NO marking soles, ONLY non-marking shoes permitted
  - NO muddy clothes, shoes, and equipment
  - NO food and beverages in “The Fieldhouse”- except water
  - NO sunflower seeds or gum. Anyone in violation of this rule may be asked to leave and a rental fee will be forfeited
  - NO tobacco or vaping products of any kind
  - NO unauthorized firearms or weapons
  - NO spitting, or nose clearing
  - NO person under the influence of Drugs or Alcohol is permitted to use “The Fieldhouse”
  - NO altercation of equipment or technology without approval from Athletix Management
  - NO use of equipment other than it’s attended use
  - NO equipment is to be taken out of “The Fieldhouse”
  - NO propping or opening facility doors
  - NO Child under the age of 15 are permitted to be alone, must have adult supervision on site
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- Athletix Facility **waiver of liability** must be **signed** by participants before use of “The Fieldhouse”. Any user under 18 years of age (Parent/guardian must sign).
  - Have proper hygiene of athletic wear and equipment to maintain cleanliness, and prevention of spreading germs.
  - Tops, tanks, and sleeveless shirts are to be worn in a tasteful manner in accordance with athletic wear.
  - Athletic bottom wear. Buttocks must always remain covered with a few inches to spare.
  - Athletix highly recommends tucking in jewelry to prevent from being yanked or caught on equipment.

- Dunking is allowed on the basketball courts, hanging on the nets or rim is prohibited.
- Courts are prioritized for tournament play and rental spaces for members and guests.
- Courts are used for informal recreation activities (basketball, volleyball, and pickleball, etc.).
- During open recreation hours, one court will be designated as half-court play for basketball.
- Winning teams may stay on the court for no more than two consecutive games if others are waiting.
- Proper sport etiquette with the game being played (E.g., no punting, and kicking basketballs).
- Athletix has the authority to alter any open recreation game being played to best suit members and guests needs.
- Athletix has the authority to make schedule changes at any time.
- Please be mindful and return all balls and equipment to their proper place after use.
- Please be courteous to others in “The Fieldhouse” since this is a shared space.
- If you have the flu, a cold, or any other contagious illness, please do not use the “The Field House”.
- All equipment malfunctions and concerns need to be reported to the staff immediately.
- This is a family atmosphere; no profanity, fighting or vulgar language/gestures will be permitted. Violators will be asked to leave.
- Athletix management personnel reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate.

## The Turf

- NO horseplay
  - NO open toed shoes
  - NO cleats, ONLY turf and tennis shoes
  - NO muddy clothes, shoes, and equipment
  - NO food and beverages in “The Fieldhouse”- except water
  - NO sunflower seeds or gum. Anyone in violation of this rule may be asked to leave and a rental fee will be forfeited
  - NO tobacco or vaping products of any kind
  - NO unauthorized firearms or weapons
  - NO Spitting, or nose clearing
  - NO person under the influence of Drugs or Alcohol is permitted to use “The Fieldhouse”
  - NO throwing of bats, or equipment
  - NO swinging bats anywhere other than rented area
  - NO altercation of equipment or technology without approval from Athletix Management
  - NO use of equipment other than it’s attended use
  - NO equipment is to be taken out of “The Field House”
  - NO propping or opening facility doors
  - NO Child under the age of 15 are permitted to be alone, must have adult supervision on site
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- Athletix Facility **waiver of liability must be signed** by participants before use of the “The Fieldhouse”. Any user under 18 years of age (Parent/guardian must sign).
  - Participants **must wear** adequate **protective gear** appropriate for their sport including batting helmets for hitters.
  - It is mandatory that catchers have proper catching equipment, all catchers are required to wear a mask.
  - Have proper hygiene of athletic wear and equipment to maintain cleanliness, and prevention of spreading germs.
  - Tops, tanks, and sleeveless shirts are to be worn in a tasteful manner in accordance with athletic wear.
  - Athletic bottom wear. Buttocks must always remain covered with a few inches to spare.



- Athletix highly recommends tucking in jewelry to prevent from being yanked or caught on equipment.
- Please be mindful and return all balls and equipment to their proper place after use.
- Nets intended use are for protection from flying objects but not from bodily harm.
- Please do not lean or hang on nets.
- No spectators are allowed on the field at any time during play.
- Spectators will be aware of their surroundings and watch at their own risk.
- Please be courteous to others in “The Fieldhouse” since this is a shared space.
- If you have the flu, a cold, or any other contagious illness, please do not use the “The Field House”.
- All equipment malfunctions and concerns need to be reported to the staff immediately.
- This is a family atmosphere; no profanity, fighting or vulgar language/gestures will be permitted. Violators will be asked to leave.
- Athletix management personnel reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate.

**CAUTION!** Play and spectate at your own risk

**Patrons are expected to know all facility rules and guidelines.**

# Top Golf Swing Suites

## Rules and Guidelines

- NO horseplay
  - NO muddy clothes, shoes, and equipment
  - NO sunflower seeds or gum. Anyone in violation of this rule may be asked to leave and a rental fee will be forfeited.
  - NO tobacco or vaping products of any kind
  - NO unauthorized firearms or weapons
  - NO Spitting, or nose clearing
  - NO person under the influence of Drugs is allowed to use “Top Golf Swing Suites”.
  - NO throwing of clubs, or equipment
  - NO swinging of clubs other than on the “green”
  - NO altercation of equipment or technology without approval from Athletix Management
  - NO use of equipment other than it’s attended use
  - NO equipment is to be taken out of “Top Golf Swing Suites”
  - NO Child under the age of 15 are permitted to be alone, must have adult supervision on site.
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- Athletix Facility **waiver of liability must be signed** by participants before use of “Top Golf Swing Suites”. Any user under 18 years of age (Parent/guardian must sign).
  - Upon arrival, check in with our front desk staff who will find the perfect bay for you. Bit of a wait? No problem! Grab a drink or food from “Home Plate” concessions. We’ll let you know when your bay is ready.
  - A bay host will help you set up your game and create profiles for each player.
  - Personal clubs must be conditioned and cleaned prior to entering “Top Golf Swing Suites”.
  - All players must always hit and play from the “Green”. No running starts.
  - Only the person hitting a ball or at play should stand on the staging area. All other players should be behind the staging area. Players are responsible for the safety of others around them and should always check their surroundings before swinging a club or at play.
  - Always aim for the targets. Aiming for the ceiling, walls or anywhere outside the screen is prohibited. Players are responsible for any damages or injuries caused.

- Throwing golf balls is prohibited. Only dispense one golf ball at a time.
- Each bay is priced by an hourly rate that provides space up to 8 players.
- If desired to leave Top Golf play seek bay attendant for other features
- Once play is done, please leave bay clean and tidy
- Have proper hygiene of wear and equipment to maintain cleanliness, and prevention of spreading germs.
- Tops, tanks, and sleeveless shirts are to be worn in a tasteful manner in accordance with athletic and regular wear.
- Bottom wear. Buttocks must always remain covered with a few inches to spare.
- Athletix highly recommends tucking in jewelry to prevent from being yanked or caught on equipment.
- If you have the flu, a cold, or any other contagious illness, please do not use “Top Golf Swing Suites”
- All equipment malfunctions and concerns need to be reported to the staff immediately.
- This is a family atmosphere; no profanity, fighting or vulgar language/gestures will be permitted. Violators will be asked to leave.
- Please be courteous to other families and guests in adjacent bays
- Athletix management personnel reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate

**Patrons are expected to know all facility rules and guidelines.**

# The Studio

## Rules and Guidelines

- NO horseplay
  - NO muddy clothes, shoes, and equipment are permitted
  - NO food or drinks – except water- are allowed
  - NO tobacco or vaping products of any kind
  - NO unauthorized firearms or weapons
  - NO person under the influence of Drugs or Alcohol is permitted to use “The Studio”
  - NO sunflower seeds or gum. Anyone in violation of this rule may be asked to leave and a rental fee will be forfeited.
  - NO leaning or pressing against studio mirrors
  - NO use of equipment other than it’s attended use
  - NO phone usage during class. All calls are to be handled outside “The Studio” for the courtesy of others.
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- Athletix Facility **waiver of liability must be signed** by participants before use of “The Studio”. Any user under 18 years of age (Parent/guardian must sign).
  - Upon arrival check in at our front service desk to secure desired class.
  - First time or returning guests, aim to arrive 15 minutes before class is scheduled to start; this gives you time to relax, breathe, settle in, and ask questions.
  - Athletix has a 12-hour cancellation window. Package holders, classes cancelled within the 12-hour window will not be returned to your package.
  - If arriving late, please be respectful and courteous of fellow students and instructors upon entering. You may be subject to lose your spot upon instructors’ discretion.
  - Be courteous to others and refrain from making any distracting sounds (i.e., overzealous grunts and groans), and save any chit-chat for after class.
  - Have proper hygiene of Athletic wear and equipment to maintain cleanliness, and prevention of spreading germs.
  - Tops, tanks, and sleeveless shirts are to be worn in a tasteful manner in accordance with athletic and regular wear.
  - Athletic bottom wear. Buttocks must always remain covered with a few inches to spare.
  - Please have clean and dry shoes

- Athletix highly recommends tucking in jewelry to prevent from being yanked or caught on equipment.
- If you have the flu, a cold, or any other contagious illness, please do not use the “The Studio”.
- This is a family atmosphere; no profanity, fighting or vulgar language/gestures will be permitted. Violators will be asked to leave.
- Athletix management personnel reserve the right to remove any member or guest from the area if he or she exhibits behavior that is believed to be unsafe or inappropriate

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**ATHLETIX THANKS YOU  
IN ADVANCE FOR YOUR  
COOPERATION!**