

WALKING TRACK POLICIES & RULES

Monday and Wednesday

6:00 p.m. – 8:00 p.m.

Visitors should park in the front of the school near the pool and enter through Door B, the fieldhouse door will be on your left. You will be required to sign in prior to entering the field house. Upon your first visit you will be required to sign a waiver and release of liability form upon entering the facility.

- The field house track is 145.45 meters, 11 laps equal one mile
- Path of travel for all walkers, runners in counter clockwise
- Children of walking age allowed (with parent or designated guardian 18+ years old)
- Strollers, wheelchairs, walking sticks and other support devices are permitted
- No pets are permitted (service animals are excepted)
- Please keep all valuables at home, lockers are not available
- Please use designated restrooms
- Inside lane designated for walkers; outside lane designated for runners
- Always pass on the outside lane
- Please continue to keep moving while on the track. Should you need to stop, take a break or talk, please move to an area off the track
- Drinks (other than spill-proof bottled water) and food, gum, etc.. are strictly prohibited
- Ski poles, roller blades, roller skates or other sharp objects are not permitted on the track at any time
- No equipment permitted, including but not limited to sticks, balls, pucks, mats, weights, skipping ropes, etc. which might interfere with the safety of any walker or runner while on the track
- The track is for the public's use for walk/jog/run activities only. Commercial/Enterprise use (i.e. personal trainers, fitness instructors, physical therapists, etc.) are prohibited from using the track for private programming and/or their delivery of service with clients