

Rules and Regulations for Use of the Athletic & Recreation Center

It is the responsibility of the permit holder to enforce the rules and regulations regarding the conduct of the group while using the ARC which includes the field turf, gym, batting cages and spectator areas.

General Rules

- If you make a change to your schedule, you must contact the park district immediately. If you need to return a field you are not going to use, 5 business days' notice is required in order for the change to be made with no charge of field fees.
- Patrons and coaches must park only in the designated areas.
- Alcohol consumption and all forms of smoking are prohibited in all public areas, including parks and parking lots, of Midlothian Park District.
- No food or drink can be sold
- The Midlothian Park District is not responsible for lost or stolen items.
- All teams must have a Certificate of Insurance naming the Midlothian Park District as additional insured before the first game.

Batting Cage Rules

- All batters must wear helmets at all times while inside the cage.
- Only ONE (1) batter in the batting cage at a time. Maximum of two (2) people in a cage at a time (batter and pitcher).
- Batter must wear gym shoes.
- An adult, 18 years or older, must operate the batting cage.
- No one under the age of 5 years old is permitted in the batting cage.
- No practice swinging outside the batting cage without adult supervision.
- No hanging or climbing on batting cage netting.
- Close the cage upon entry and exit.
- Rental time includes setup and cleaning of equipment.
- Report any malfunction to park district staff immediately.
- Batting cage equipment setup and removal and moving equipment is only to be done by staff.
- CAUTION: Injuries could result from the misuse of this device. User should assume the inherent risk of batting baseballs and softballs. If users have any questions about the use of this device or the inherent risks associated with the use of this device, please ask park district staff before using.

Gym Rules

- No dunking or hanging on rims or nets is permitted.
- No kicking or throwing of a basketball and/or other equipment towards the ceiling and/or windows.
- Volleyball nets and standards will be setup and taken down by park district staff only.
- No food or chewing gum are allowed in the gymnasium.
- Inappropriate behavior, abusive language, unsportsmanlike conduct, or misuse of equipment may result in participant's dismissal from the facility.
- Disagreements, disputes, and arguments not settled in a timely manner (30 seconds) will result in the participants being asked to leave the floor. Disputes must be settled politely without violence or intimidation.
- Appropriate athletic attire is required. Shirts and non-marking athletic shoes must be worn at all times. The Midlothian Park District staff may deem what is considered appropriate.

Turf Field Rules

- No gum chewing is permitted on the turf surface.
- No food is permitted on the turf surface, this includes sunflower seeds.
- Water ONLY. No sports drinks, energy drinks or juice are permitted.
- No glass is permitted on the turf surface.
- Participants are no allowed to spit on the turf.
- No metal cleats, spikes or high heeled footwear is permitted on the turf. Footwear is restricted to molded cleats, turf shoes, or other soled athletic shoes.
- No sharp objects that would penetrate the turf are allowed on the turf surface. Tables and chairs are not permitted.
- No painting or taping with adhesives of the field is permitted.
- Please do not drag goals or equipment as this will damage the turf. Climbing on or moving goals and netting is prohibited.
- Teams are responsible for their own sports equipment.
- No kicking or throwing of balls and/or other equipment towards the ceiling, lighting fixtures, windows, and/or track.
- No parents are allowed on the fields unless told by park district staff. Only players and coaches allowed.
- Golfing or other non-authorized use is prohibited on the turf.
- In case of an accident or injury resulting in bodily fluids onto the turf; stop all activity, contact the park district staff for proper clean up. Once the hazardous substance is cleaned up, play may resume.
- Please notify park district staff is any areas of the turf are damaged.
- Please clean up after yourself and throw all garbage away in the designated containers. You are responsible to leave the field as clean as you found it. Please inspect the field and remove anything left by your players and spectators. The Midlothian park District is not responsible for forgotten, lost or stolen items.
- Any physical damage caused by negligence of the user or their participants and spectators will be charged to the lessee. A cleaning fee will be assessed should the lessee of their users leave the area without cleaning up or has allowed sunflower seeds, gum, food, or liquids (other than water) on to the turf field or gym floor.