



Flagstaff Athletic Club Independence Card Certification

What is an Independence card?

An independence card allows 12-15 year olds to use FAC without direct adult supervision except for free weights

How long does it take to obtain an Independence certification?

FAC offers enough classes so that a member can obtain certification in less than a month. FAC offers a variety of times and dates for your convenience. The earlier you schedule your appointments the faster you will complete your certification.

When does one receive their certification?

You will receive your Independence card at your final appointment, provided you pass the Independence Review and Test. You must bring your completed written test with all required signatures.

How do you obtain an Independence card?

To become Independent certified you must complete and pass steps 1-5. If the Fitness Professional administering the appointment deems it necessary, the child may be required to repeat appointments in order to successfully pass all steps in the certification process.

- 1.** Read and complete this entire packet.
- 2.** Complete an appointment at FAC East with a Fitness Professional.
- 3.** Complete the swim test at FAC East with a lifeguard. (An appointment is not necessary in late May-August, you may take this portion of the test any day of the week between 10am-5pm at the FACE outdoor pool with a lifeguard. Appointments are necessary Sept-early May. This portion may be taken at any time before step 5. Appointments can be made by emailing our Aquatics Manager, Emily Gutaw at egutaw@flagstaffathleticclub.com.)
- 4.** Complete an appointment at FAC West with a Fitness Professional.
- 5.** Register for the Independence Court Review and Test!

Appointment Details

STEP 1 - Read and complete the entire packet

Reading and completing the entire packet prior to attending the required appointments will give you a better understanding of everything that is covered in the appointments. You may not proceed with any of the appointments until the packet is complete.

STEP 2 - EAST FITNESS APPOINTMENT

Call 928-526-8652, or schedule at any service desk. It will include instruction of the east cardio equipment and the Free Motion circuit. Bring this packet and wear proper workout clothing and athletic shoes. This appointment is FREE and will last approximately 1 hour.

STEP 3 - SWIM TEST APPOINTMENT

Call the Aquatics Manager at 928-779-4593 to schedule Sept-Early May. Appointments are not necessary in late May-August at FACE Outdoor Pool, and you may take this portion of the test any day of the week between 10am-5pm (lifeguard hours).

Pool test requirements:

- Swim freestyle 2 lengths of the pool
- Float on your back for 1 minute
- Tread water for 3 minutes

Bring this packet, bathing suit and towel. This appointment is FREE and will last approximately 10-20 minutes.

STEP 4. WEST FITNESS APPOINTMENT

Please call 928-779-4593, or schedule at the any service desk. This appointment will include a tour of the club, a review and test of the cardio and Free Motion equipment. Bring this packet and wear proper workout clothes and athletic shoes. This appointment is FREE and will last approximately 1 hour.

STEP 5. INDEPENDENCE REVIEW/ORAL EXAM

Independence exam times are set up through the Fitness Department. Call 928-779-4593 to schedule with a Fitness Professional at least 24 hours in advance. If you need to cancel an appointment, please do so 24 hours before the test to avoid being charged. During the court review, you will be given a tour of the East club. There will also be an oral exam concerning the rules and etiquette in the club. Testing will cover the written portion of this packet, including the racquetball, basketball, and locker rooms. Be prepared to answer questions as this portion lasts approximately 30 minutes. Bring this packet and be prepared to answer questions covered in the packet.

The cost for Independence Certification is \$25.00. Should you lose your Independence Card there is a \$5.00 card replacement fee. This replacement card does not include a lanyard. You may use your own or FAC lanyards are available for purchase for \$3.00 in the pro shop.

FAC strives for a relaxed and welcoming adult atmosphere where all should feel welcome. The certification holder will be expected to act in an adult manner and to treat all people with respect. Here are the rules and policies:

GENERAL RULES AND ETIQUETTE

1. Certification holders are permitted anywhere in FAC, without adult supervision.
2. When you enter the club, you must check in at the front desk with your scan card, or have your access card number available. Inform the desk clerk that you are Independence Certified and show the desk clerk your card.
3. If you are bringing a guest, the guest must arrive & leave with a sponsoring member 18 or older.
4. Guests must sign in at the front desk & pay the appropriate guest fee.
5. Guests of Independence Certification Holders must be 16 or older or be accompanied by a person 18 or older.
6. Independence certifications do not entitle you to supervise children under 16. This includes checking children into Kids' Club or swimming pool.
7. Any member bringing a guest into FAC without having them sign in at the front desk and paying the guest fee, may be reported to police and asked to leave the club immediately. This is theft of services and trespassing.
8. Treat all FAC equipment and facilities with respect, as if you bought and own it.
9. Proper attire is required at FAC. Shirts & shoes must be worn in all areas besides the locker rooms, poolside, and outdoor deck.
10. Clean up after yourself, wipe and disinfect all equipment you have used.
11. Return towels and equipment to the front desk at the end of your visit.
12. Loitering (hanging around) in any activity area is not permitted.
13. Profanity (swearing, yelling, etc.) in any area of the club is not permitted.
14. Report any dangerous conditions in the facilities; for example, equipment not working properly. Also report to the front desk other members acting in a dangerous or obnoxious manner.
15. iPods, MP3 players and any other electronic devices must be worn with headphones.
16. Do not spit on FAC's premise or equipment.
17. Walk in the hallways and lobbies.
18. You must carry your card with you at all times while enjoying Independence privileges. Since you are under 16 years old, you may be asked by FAC staff to show your card. Please be honest and respectful.
19. If you are found enjoying Independence privileges without your card, you will be asked to leave the club. Your parents will be called, and your Independence card may be revoked, (it is important to have your card with you at all times).
20. Misuse of this certification can lead to the card being revoked.
21. Independence certification expires when you turn 16 years old.
22. Reservations are required to enter the pools, weight rooms, racquetball courts and all group fitness classes. Reservations can be made up to 3 days in advance at the front desk or online.

RULES FOR LOCKER ROOMS: SAUNA, JACUZZI AND STEAM ROOM

1. You must be at least 12 years old, with their Independence Card or direct adult supervision, to use the sauna, hot tub, and steam room.
2. Shower before entering hot tubs or pools.
3. Please do not shave in these areas. You may shave in the shower or sink.
4. Stay for no longer than 10 minutes, whether using one area or all three.
5. After a workout, wait 10 minutes before entering.
6. Glass containers are not allowed in these areas.
7. Do not pour water on the Sauna rocks.
8. Do not leave clothing or paper products in these areas.
9. Be respectful of other members and guests using these areas. Respect everyone's personal space.
10. If you have skin irritations or open sores, do not use these areas.
11. If you see young children in the Sauna, Jacuzzi, Steam Room, or the surrounding area, please notify the FAC staff immediately.

RULES FOR POOLS AND OUTDOOR JACUZZI

1. You must be at least 12 years old, with your Independence Card, or direct adult supervision, to use the pool and outdoor hot tub.
2. Reservations are required to enter the pool! You can make a reservation at the front desk or online. Call 928-526-8652 or 928-779-4593 to make a reservation.
3. Shower before entering the pool.
4. Always walk on the pool deck.
5. Diving is allowed at FACE indoor pool at 9 ft or deeper.
6. Regular swimwear is required.
7. Glass containers are not allowed in or around the pool.
8. Lap swimmers, FAC organized activities, and anyone who has a reservation has priority. Be respectful of anyone that has a reservation at the same time as you.
9. When there are lap swimmers, stay out of their way.
10. Check with FAC staff or lifeguard before bringing in water toys and/or floatation devices.
11. If you see young children not accompanied by a parent in the pool or the surrounding area, please notify the FAC staff immediately.

RACQUETBALL COURT RULES

1. Members must reserve racquetball courts up to 3 days in advance by calling the front desk at 928-526-8652 or 928-779-4593. Members may make one court reservation for a maximum of one hour per day.
2. Members may cancel courts up to 24 hours in advance.
3. Clinics, leagues, lessons, special use and special events have court priority.
4. If your reserved court is occupied, please observe proper court etiquette - wait for a dead ball, knock hard and wait for players to acknowledge your presence at the window. If they do not hear you and continue playing, wait for another dead ball, knock

louder, and wait for their acknowledgement. If play continues, on the third dead ball, knock loudly, slightly open the door (2-3 inches) and holler that you have the court reserved. Never swing open a racquetball court during a rally.

5. Clean court shoes must be worn at all times - no running, street or black soled shoes are allowed on the racquetball courts.
6. Loud and/or obnoxious behavior will not be tolerated. This includes arguments, bad language, and banging and/or throwing your racquet.
7. Appropriate athletic apparel must be worn at all times. Eye guards are **STRONGLY** recommended for racquetball, handball and squash.
8. Report any water, dangerous conditions and injuries to the front desk immediately.
9. Food, drink and glass containers are not allowed in the courts.
10. Players should call a “hinder” when either player is in danger of being hit by a racquet or is blocking the view of the ball. Give your opponent plenty of room to swing and follow through with their racquet. When a “hinder” occurs the point is played over.
11. Never hit a “dead” ball. The ball is “dead” when it bounces twice, is hit long, hits the ceiling first or hits three walls prior to bouncing. Once the ball is "dead" both players should stop immediately and a point or side out occurs.

GYMNASIUM & BASKETBALL COURT RULES

1. Clean athletic shoes must be worn in the gym at all times - no running, street or black soled shoes are allowed on the basketball and volleyball courts. Running shoes are permitted in the track running lanes.
2. Beverages in plastic containers with lids are allowed in the gym. Food and glass containers are not allowed in the gym.
3. Report any water, dangerous conditions, and injuries to the front desk immediately.
4. Loud and/or obnoxious behavior will not be tolerated. This includes arguments, fighting, bad language, and throwing equipment.
5. Be a good sport. Arguments, bad language, fighting and spitting will not be tolerated.
6. Basketball hoops in gymnasium are on a first come first serve basis unless otherwise noted on the gymnasium schedule. Basketball hoops in racquetball courts may be reserved under racquetball court reservation guidelines.
7. Members & guests may play basketball during adult drop-in basketball times.
8. For your safety, please do not climb on the basketball hoops. Slam dunks are not permitted. Players hanging from the rim will be required to replace any broken or damaged rims.
9. With the exception of the “white board”, please refrain from warming up and throwing balls against gymnasium walls. For your convenience, a “white board” has been installed on the lower 10 feet of the gymnasium walls.
10. Please contact the Sports Desk Staff to check out equipment.

CARDIOVASCULAR AND WEIGHT EQUIPMENT RULES:

1. Children ages 0-11 are not allowed in weight rooms or cardio rooms or on equipment. Children 6-11 may use the cardio equipment with a Cardio Pass if accompanied by an adult.
2. Children ages 12-15 must be directly supervised by an adult (18 or older) or have an Independence Card.
3. Dropping plates, bars or dumbbells in the weight room is prohibited.
4. Return plates, bars, and dumbbells to the appropriate racks.
5. Cleaning equipment with wipes and/or spray provided in these rooms is mandatory.
6. Profanity or shouting will not be tolerated.
7. Closed toe shoes and shirts are required.
8. Chalk use is prohibited.
9. Gym bags and other personal items should be placed in a FAC locker.
10. There is a 30-minute time limit on all cardio equipment if someone is waiting. Please wipe down the machine with antiseptic spray and paper towels when you are finished.
11. FAC recommends anyone under the age of 16 to first meet with a Fitness Professional to determine physical ability for the use of free weights or resistance training machines.
12. For those who are interested in using the free weights equipment, Independence Card holders **MUST** meet with a Fitness Professional for a Free Weight Equipment Orientation. Once the appointment is completed, it will be noted on the Independence Card that you are certified to use the free weight room. Appointments can be made at the West Front Desk or East Sports Desk.

FAC EXERCISE GUIDELINES

1. Before using any piece of equipment, be sure you have set the seat adjustments properly and wiped down the machine with a sanitary wipe.
2. When strength training, each movement should be controlled throughout the range of motion. Exhale as you lift the weight; inhale as you lower the weight.

Please keep pages 1-6 of this packet as a reference guide.

INDEPENDENCE CERTIFICATION WRITTEN TEST

Student Name: _____

Parent Name: _____

All portions of the written test must be completed prior to meeting for the performance tests. Write down everything you have learned about each subject. Be prepared to answer any questions regarding this information. You may use this booklet to answer the written questions. During the performance and oral exam, you will not be able to use this booklet.

General Rules and Etiquette

1. The Independence certification expires when a member turns _____years old.
2. What is the proper clothing to be worn in the facility?
3. Who do you let know that you're Independence certified when you enter the club?
4. What else does one need to do when checking in?
5. What is the Guest policy for an Independence cardholder?
6. What is the etiquette regarding the following:
 - iPods and Electronics:
 - Spitting:
 - Bad language:
 - Cleanliness in locker rooms:
7. Who can supervise children or youth under 16 years old?
8. Reasons membership or Independence status might be revoked:
9. What are your usage options at the club if you forget to bring your Independence card?

Locker Room Jacuzzi, Sauna and Steam Room Rules

1. What should you do before entering these areas?
2. How long should you use these areas?
3. Should you use these areas if you have a skin irritation or open sores?
4. May you have glass containers in these areas?
5. Where in the locker room should you shave?
6. Can you put water on the sauna rocks?
7. After a workout, how long should you wait to use these areas?
9. What should you do if you see a child under 12 using an indoor Jacuzzi, steam or sauna?

RACQUETBALL RULES

1. Who can make court reservations?
2. How many days in advance can you make a reservation?
3. What is the cancellation policy?
4. If your opponent says "hinder," what do they mean?

5. How far away should you be from your opponent?
6. When can you hit a “dead” ball?
7. What does FAC STRONGLY recommend you wear when playing racquetball, Handball and squash?
8. What types of shoes are allowed in the racquetball courts?
9. What should be reported immediately to the front or sports desk?
10. When are drinks and food allowed in the racquetball courts?

Gym & Basketball Court Rules

1. What part of the gymnasium walls are you allowed to bounce balls against?
2. What kind of beverage container may you have in the gym?
3. When is dunking the basketball permitted?
4. What should you report immediately to the front or sports desk?

Pool and Outdoor Jacuzzi Rules

1. What are the requirements to use the pool and outdoor Jacuzzi unsupervised?

2. Should you run on the pool deck?
3. Who has priority in the pool?
4. At what depth and in what pool is diving allowed?
5. What should you do before entering the pool?
6. Who may use the outdoor hot tub?
7. What clothing is allowed in the pool and/or outdoor hot tub?
8. Do you have to have a reservation to swim in the pools?

Fitness Rules

1. How old do you have to be to use the weight room and cardio equipment?
2. What is circuit training? And where do circuit trainers have priority?
3. If you cannot set the weight down lightly, it is probably too _____.
4. What do you use to wipe down equipment? Why?
5. What are the clothing requirements in the weight room?
6. What is the time limit on cardio equipment?

7. When lifting weights, when should you exhale? Inhale?
8. What should you check before you begin using any piece of equipment?
9. What does FAC recommend concerning free weights for individuals under 16 yrs of age?
11. What must you do in order to use the free weight room equipment?
12. Do you have to have a reservation for the weight room and cardio room?

Signature Page

This portion is to be filled out by the member

Name of member being certified: _____

Birth date: _____

Parents names: _____

Phone Number: _____

Signature of Parent

Parent: _____ Date: _____

Signature of Independent Card Holder

Card Holder: _____ Date: _____

This portion is to be filled out by FAC Staff

Written Test Completed: _____ Expiration Date: _____

East Appointment

Fitness Professional: _____ Date: _____

Lifeguard: _____ Date: _____

Swim Test Appointment - (1) Jump into the water and freestyle 2 lengths of the pool (2)
Float on your back for 1 minute (3) Tread water for 3 minutes

West Appointment

Fitness Professional: _____ Date: _____

Final Oral Test

Instructor: _____ Signature: _____ Date: _____

**Independence cards must be carried and displayed at all times while in
FAC.**