



FLAGSTAFF ATHLETIC CLUB

## Flagstaff Athletic Club

### 😊 Kids Passport 😊

#### **Who can earn a Kids Passport?**

FAC Members 6-11 years old

#### **What does a Kids Passport allow you to do?**

A Kids Passport allows 6-11 year olds to use FAC racquetball and basketball courts without direct adult supervision. Kids Passport privileges can be enjoyed for up to 2 hours per day. After 2 hours, FAC recommends direct adult supervision.

#### **How do you obtain a Kids Passport?**

To become a Kids Passport holder all of the following must be completed:

1. Read the entire packet. Your parents may help you. Please understand what is required.
2. All written portions of the packet must be completed. Parents, please assist your child. You are encouraged to help them understand the questions and answers.
3. A Kids Passport oral exam at FAC East must be completed to obtain the pass. **(The written portion of the packet must be complete to be eligible to take the oral exam)** Contact any service desk at least 24 hours in advance to register.

#### **What is the cost?**

There is a \$10 fee which includes your oral exam, your Kids Passport and FAC lanyard. If you will not be able to attend an appointment, you must cancel 24 hours in advance to avoid being charged. This includes any make-up tests or appointments.

#### **When does one receive their passport?**

You will receive your **Kids Passport** at your appointment provided that you bring the completed written test with a parent signature and pass the exam.

#### **What can I expect at my appointment?**

At your appointment you will be given a tour. You are encouraged to ask questions and to learn as much as you can about the athletic clubs. This appointment will go over the written portion of this packet. FAC staff will test on the rules and etiquette of the courts, lobby and general club rules. When you come to this appointment bring this completed packet. This appointment will last approximately 30mins.

If you have any questions after reading through this packet, please contact Fitness Director, Robb Faus at 928-779-4593.

## **General Rules and Etiquette**

1. Parents must remain at the club while their Kids Passport child is at FAC. Do not run ahead of your parent when entering the club.
2. Kids Passport cardholders are not allowed to go into the indoor hot tub, steam room, sauna, or free weight room (Kids Passport card holders are not allowed in these areas even with a parent or adult supervisor).
3. Kids Passport cardholders are not allowed in the cardio room unless they have a Cardio Pass. (A Cardio Pass is available to children ages 8-11 and can be obtained by making an appointment at any FAC Service Desk with a Fitness Professional. This appointment is one hour in length and does not involve a written packet or test).
4. A parent must be with you to use the following areas: showers, pool, outdoor hot tub, exercise classes and upstairs halls.
5. The Kids Passport card holder can only go outside of the building with their adult supervisor.
6. You can be in these areas without a parent: racquetball and basketball courts, downstairs halls, locker room and lobbies.
7. Reservations are not required for use of the racquetball courts. Stop by the front desk to make a reservation if you want to guarantee yourself a court.
8. Shirts and shoes are required in all areas of the club except the pool, outdoor deck, and locker rooms.
9. If you want to bring a guest under age 16, the guest may not use the facilities unless an adult over 18 is supervising.
10. The supervising parent is responsible for signing the guest in and paying the guest fee.
11. When a Kids Passport member enters the club, they must check in and show the desk clerk their Kids Passport.
12. If the Kids Passport member forgets their card, they must make a reservation into the Kid's Club if space is available. If no space is available, they must always stay with an adult 18 years or older.
13. If the Kids Passport member loses their card, they can purchase a replacement card through any FAC Service Desk for a \$5.00 fee. The replacement card does not include a lanyard. Lanyards are available in the pro shop for \$3.00.
14. Your Kids Passport must be worn around your neck and be visible at all times while enjoying your privileges at FAC.
15. You are expected to be polite and courteous at all times.
16. A warning report will be written up for a Kids Passport cardholder in violation of FAC rules.
17. You are expected to clean up after yourself in all areas of FAC.
18. Checking out sports equipment is permitted with an exchange item.
19. The FAC's group fitness rooms are available to Kids Passport Cardholders when classes are not in session. However, the use of any of the equipment in the group fitness rooms is not allowed.

### **Kids' Club Rules**

1. If a Kids Passport cardholder does **not** have their card with them, they must make a reservation for the Kids Club by an adult supervisor and cannot leave until signed out by an adult supervisor.
2. Kids Passport cardholders **with** their card may enter and exit the Kid's Club per Kid's Club staff approval. The Kids Passport cardholder does not need to be signed in and out. Passport holders must abide by Kid's Club rules and be mindful of Kid's Club children when entering and exiting, always closing the door behind them. Kid's Club staff may ask Passport cardholders to leave at any time.
3. Kids Passport cardholders are not allowed to go into the Kid's Club when the Kid's Club is closed.
4. Kids Passport cardholders are not allowed in the Kid's Club outdoor play area alone. Kid's Club staff must be outside with a Kids Passport cardholder.

### **Camp Room Rules**

1. Kids Passport cardholders are allowed to be in the Camp Room except during scheduled programs or parties.
2. The use of any of the mats is not allowed.
3. Remember to clean up after yourself.

### **Group Fitness Room Rules**

1. Kids Passport cardholders are allowed to be in the Group Fitness Room except during scheduled classes or programs.
2. Kids Passport cardholders are not allowed to use **any** of the equipment in the group fitness rooms; including but not limited to the hand weights, exercise balls, weighted bars, Steps, mats, etc.

### **Racquetball Court Rules**

1. Eye guards are strongly recommended for racquetball.
2. Reservations are highly recommended for use of the racquetball courts. Making a reservation will guarantee your spot at one of the courts.
3. If you feel you or your opponent are in danger of being hit by a racquet or a ball, you should stop playing by calling a "Hinder" The point is then played over. "Hinder" should also be called if player's view of an oncoming ball is blocked by their opponent.
4. Never hit the ball when it is not in play. Once the ball is "Dead" both players stop immediately. This will protect you from being hit by a racquet.
5. Always give your opponent plenty of room for full arm, racquet extension and follow through when they swing.
6. Before each serve, the server should call out the score so that there aren't any arguments about each point earned.

## **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 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.
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. 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.
8. Except for 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.
9. Please contact the Sports Desk Staff for basketballs, volleyballs, and soccer balls.

## **Equipment Checkout Rules**

1. Kids Passport cardholders are allowed to check out various equipment from the front desk at FACW and from the Sports Desk at FACE.
2. All equipment must be checked out with an exchange item.
3. All equipment must be returned in the same condition that it was in at check out.

## **PARENT PAGE**

Being Kids Passport certified is a privilege which allows your child to enjoy the dry areas of the club without direct adult supervision. The safety of your child is extremely important to us! Thank you for going over this packet with your child to ensure that he/she understands the rules. Because your child's safety is a priority, we have included some reminders for the parents of cardholders below:

1. The card holders' parent or adult supervisor (over age 18) must remain on FAC premises while the card holder enjoys their privileges.
2. The card holder is not permitted to go outside of the building without a parent. A parent must be with the child at all times while in the parking lot or any outdoor area.
3. The passport must be visible to FAC staff at all times. If the card holder forgets their card, they must have direct adult supervision or make a reservation for the kids club. If the card has been lost, a new one can be purchased for \$5.00 at any desk.
4. The Kids Passport is not the same as the Cardio Pass. The Kids Passport does not entitle your child to use the cardio room, even if directly supervised by an adult. Children ages 8-11 who wish to use the cardio room with their parent, must obtain a Cardio Pass. See any service desk for details.
5. Cardholders are permitted to use the racquetball courts and the basketball gym unsupervised. Reservations are required for use of the racquetball courts, but no reservation is necessary for the basketball gym.
6. Children under age 12 are not allowed in the weight room, sauna, steam room or indoor Jacuzzi's even if directly supervised by an adult.
7. If a friend or guest comes to the club with your child and is not Kids Passport certified, they may not enjoy Kids Passport privileges. That friend or guest must have direct adult supervision at all times or be signed into the kids club.
8. The passport card holder may use the pools and the outdoor Jacuzzi with direct adult supervision.
9. The group fitness rooms are available for passport holders to use provided a class is not in session. The use of any of the equipment in these rooms is prohibited, even if directly supervised by an adult. Children over age 12 are permitted to take classes with a parent and with instructor approval.
10. If you have charge to account privileges set up on your account, this will allow your child access to charge items from the pro shop or juice bar. You are able to deactivate the charge to account privilege on your child's account while keeping your charge to account privileges active. Please see a membership representative if you would like to make any changes to your account.
11. Please contact Fitness Director, Robb Faus at 928-779-4593 if you have any questions regarding the rules or policies in place for Kids Passport holders.

**Please keep the above portion of this packet for your information**

## KIDS PASSPORT WRITTEN EXAM

**Parent Name:** \_\_\_\_\_

**Childs' Name:** \_\_\_\_\_

**Multiple Choice: Circle the correct answer. You may refer to the packet if needed.**

**1. If people are playing on the court you reserved, when it is time for you to play you should:**

- a. Ask the desk clerk to tell them their time is up
- b. Knock on the door to get their attention and explain the situation.
- c. Wait for a dead ball, go into the court and explain the situation.
- d. All of the above are good choices.

**2. How can you make a reservation for the racquetball or basketball courts?**

- a. Go online
- b. Call or ask at the service desk
- c. Talk to a manager

**3. Which of the following is not allowed in the courts?**

- a. Red shirts, hats and eyeglasses
- b. Dirty street shoes, no shirts
- c. White soled shoes, sweats and shorts

**4. Which of the following is allowed in the courts?**

- a. Sweets, gum, drinks
- b. Scuff proof or clean white shoes
- c. Dirty shoes

**5. Can you throw balls against the walls in the basketball courts?**

- a. Yes, you can hit anywhere on the walls
- b. No, not at all
- c. Only on the "white board."

**6. Is climbing on the basketball hoops allowed?**

- a. Yes
- b. No

**7. Can Kids Passport cardholders go to any of the pools or hot tub alone?**

- a. Yes
- b. No

**True or False: On the line mark T for True or F for False. You may refer to the packet if needed.**

- \_\_\_\_\_ 1. You can play barefoot or in socks if you forget your court shoes.
- \_\_\_\_\_ 2. All Kids Passport players are encouraged to wear eye guards when playing racquetball or handball.
- \_\_\_\_\_ 3. Food, drinks, and glass are allowed on FAC courts.
- \_\_\_\_\_ 4. Loud, obnoxious language and hitting the floors or walls with your racquet is acceptable behavior on the courts.
- \_\_\_\_\_ 5. Parents may leave the club while their Kids Passport child is at FAC.
- \_\_\_\_\_ 6. Kids Passport cardholders may bring in guests younger than 16 without direct adult supervision.
- \_\_\_\_\_ 7. If a Kids Passport cardholder forgets their card, they can still enjoy their Passport privileges.
- \_\_\_\_\_ 8. Kids Passport cardholders may be in the racquetball & basketball courts, lobbies, and locker rooms by themselves.
- \_\_\_\_\_ 9. FAC recommends turning off any unneeded lights unless someone is waiting.
- \_\_\_\_\_ 10. Kids' Passport cardholders are allowed to play with the equipment in the group fitness rooms.
- \_\_\_\_\_ 11. If a Kids' Passport cardholder wants to go into the Kids' Club they must be signed-in and signed-out by their adult supervisor.
- \_\_\_\_\_ 12. Kids' Passport cardholders are allowed to go into the Kids' Club when the Kids' Club is closed.
- \_\_\_\_\_ 13. Kids' Passport cardholders are allowed to be in the camp room at any time if there is not a scheduled program or class using the room.
- \_\_\_\_\_ 14. FAC loves to see Kids Passport cardholders using the club!

**Signature Page**

**This portion is to be filled out by the parent/guardian**

Name of member being certified: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Birthday: \_\_\_\_\_

**Parent**

I have read the "Parent Page" and understand the rules and policies set in place for my child:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Cardholder**

I have read and understand the entire packet. I agree to follow the rules and policies set in place:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Reminder:**

**Your Kids' Passport must be worn and displayed at all times while in the club. If your child loses or forgets their card the parent, or adult supervisor, must sign them into the Kids' Club. A replacement card can be made at any FAC service desk for a \$5.00 charge and lanyards are available in the pro shop for \$3.00.**

**This Portion is to be completed by FAC Staff.**

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Written Test Completed: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Kids Passport Certification: Passed / Failed

Lanyard and Passport Card Received: Yes/No

Printed Name of Instructor \_\_\_\_\_ Date \_\_\_\_\_

Signature of Instructor \_\_\_\_\_ Date \_\_\_\_\_