

DRESS CODE

To create a safe environment for members, proper attire must be worn in LaHaye Recreation & Fitness Center at all times.

Athletic Shoes

- *Must be close toe with a rubber sole*
- *No spikes, turf shoes, or cleats*
- *No sandals or flip flops outside of locker room*
- *No muddy or dirty shoes*

Modest Clothing

- *No exposed midsection, including cut-off tanks*
- *No exposed buttons or metal parts likely to damage equipment*
- *No spandex/compression shorts without additional layer*
- *Clothing that provides sufficient coverage to avoid direct skin contact with mats, benches, and other equipment*

Swimsuits

- *Ladies: Modest one-piece, or tankini; no bikinis*
- *Men: Modest short-style bottoms/jammers; no briefs/speedos*

THE LIBERTY WAY MUST BE FOLLOWED AT ALL TIMES