

# DRESS CODE

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

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## **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, tankini, or bikini*
- *Men: Modest board shorts, jammers, or speedos*

**THE LIBERTY WAY MUST BE FOLLOWED AT ALL TIMES**