

## **Bracebridge Sportsplex Walking Track**

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- Signage on the track is meant to aid patrons and should be followed at all times.
- Please wear indoor/clean shoes on the track at all times. Please change into your indoor shoes in the change-rooms on the lower level or sitting area on the track before entering the track surface.
- Programs which run on the track will have their schedules posted, but do not have exclusive use.
- Drinks in plastic containers only please.
- Avoid throwing or dropping objects into the Gymnastic area.
- All track users must be pass holders or paid patrons.
- Children need to be accompanied by an adult at all times on the track and must have a valid pass.
- Kind and considerate behavior is welcomed. If behavior or language is deemed inappropriate, you will be asked to leave.
- Please wear headphones for personal portable music.
- Lap distances: 16 laps equals one mile or 10 laps equals one kilometer (for specifics, please see the hand-out at Reception Desk or posted on the track)
- Pedometers and Nordic Walking Poles are available to borrow at no charge from the Reception Desk.
- Track is open during general Sportsplex hours which are subject to change.
- To keep up to date on Program Changes and/or Facility, Arena and Pool Closures please subscribe to receive email notifications at [www.bracebridge.ca](http://www.bracebridge.ca) in the Be Active section.

**For further information please contact the Bracebridge Recreation Department at (705) 645-3037.**