

## **Fisher CUSD #1 Fitness Center: Community Use Policies and Agreement/Liability Waiver Form**

The Fisher CUSD #1 Fitness Center is open to residents of the School District. Users must agree to adhere to the following policies or privileges may be revoked.

### **Hour of Operation**

The following schedule applies from September 30th, 2013, through April 30th, 2014. Hours may be adjusted during holidays, special events, and the summer. If school is cancelled for inclement weather, the Fitness Center will be closed. The fitness center will be staffed and open for community use during the following times:

Monday: 7:00PM-9:00PM

Wednesday: 7:00PM-9:00PM

Friday: 5:30AM-7:00AM

### **Membership**

No cost is associated with membership at this time.

### **Orientation**

All members will be required to complete an orientation during their 1st visit to the Fitness Center. The orientation covers information regarding the operation of the Fitness Center, member responsibilities, and equipment use. Individuals are encouraged to ask questions. The Fitness Center Supervisor will conduct the training. All members will receive a copy of the policies and procedures and must agree to adhere to the guidelines. Violation of policies may lead to temporary or permanent loss of privileges or use of the facility.

### **Dress Code**

A dress code has been established for the comfort and safety of all the participants and for the care of the equipment. Please observe the following guidelines. The determination for appropriate dress will be left to the discretion of the Fitness Center Supervisor. If your attire is determined unacceptable, you will be asked to change before exercising.

- Shoes required: Tennis, jogging, walking, aerobic, athletic (no sandals, boots, or open toe shoes permitted)
- Shirts required: Sports bras must be paired with a shirt, no mid-drift/cut off shirts, no loose-fitting tank tops or open back tops
- Athletic or Jogging shorts, sweats or belts (no cut-offs)

- Absolutely no street clothing with rivets, buttons, zippers or belts. NO JEANS!

The intent of the dress code is to maintain a comfortable atmosphere for everyone. We urge you to speak with the Fitness Center Manager if you have an questions or concerns about this policy or what you or someone else is wearing.

It is also the intent of this dress code to decrease the chance of transmitting diseases such as impetigo, ringworm, staph infections, MRSA, etc., through body contact on the pads. It is also to ensure proper care of the fitness equipment.

### **Music, Television, Listening Devices and Cell Phones**

Participants may use personal listening devices. The Supervisor regulates the music and television selection in the Fitness Center. Music that includes any type of foul language in not to be played. Cell phones may be used, but not while on the equipment.

### **Food and Drink**

No food or drink is permitted in the Fitness Center. If you do bring your own water, please use a sport bottle or similar spill proof container. Please do not drink water while on the equipment.

### **Childcare**

No childcare services are provided. Children under the age of 18 are not permitted entrance during the community use hours.

### **Emergencies**

In the event of an emergency within the Fitness Center, notify the manager immediately, and follow their instruction, or call 9-1-1.

If you have an injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you. Staff is required to call 9-1-1 in the case of any emergency.

### **Exercise Equipment Use and Care Guidelines**

In an effort to promote both time efficiency and exercise effectiveness for all participants we would request that you adhere to the following guidelines for use of exercise equipment. The purpose of posting these guidelines is to increase comfort level of all participants. If any individual has any questions or concerns please feel free to discuss them with the Fitness Center Supervisor.

- Strength Equipment

- If you are doing multiple sets on a piece of equipment please allow others to "work in" with you or trade sets
- It is appropriate fitness center etiquette to ask politely if you can work in with someone on a piece of equipment. Normal courtesy is to accommodate the request.
- When performing lifts over or above the body, a spotter and weight collars are required.
- When finished with a piece of equipment, it is courteous and expected that the equipment be returned to its original state, and weights are returned to their appropriate area of the fitness center.
- Slamming or dropping dumbbells is not permitted
- Work together to accommodate the needs of all participants
- No weightlifting chalk is permitted.
- No loitering around the machines. The Fitness Center is a place to exercise, not socialize.
- After using a piece of equipment, it is courtesy to disinfectant it with wipes available. This will help prevent the spread of disease, and make it more comfortable for all patrons.
- If you are not sure how to properly use a piece of equipment, please ask.

### **Cardiovascular Equipment Guidelines**

- If others are waiting, please limit your time to 30 minutes
- It is appropriate Fitness Center etiquette to ask politely how much longer the user will be on the cardio machine. Normal courtesy is to let them know, so they can plan their workout.
- When finished using the cardio equipment, please wipe down the equipment and reset the machine.

### **Fitness Center General Policies**

Only registered members are permitted entry. Responsibility for general supervision of the Fitness Center rest with the supervisor. Profane or indecent language is inappropriate. The Fitness Center Supervisor may ask for photo identification of members.

As per school policy, the possession or use of alcohol, tobacco products, or illegal drugs is prohibited. Pregnant women and persons with medical conditions should consult a physician prior to participating in a exercise regimen.

**FISHER CUSD #1 FITNESS CENTER: COMMUNITY USE  
AGREEMENT TO POLICIES/LIABILITY WAIVER FORM**

My signature on this form indicates agreement to abide by the policies set forth in this document and any further policies developed throughout the term of membership. (A signature form must be submitted for each member prior to utilization of the Fitness Center)

My signature on this form also indicates that I am not under restriction by medical professional regarding exercise using equipment such as that in the Fisher CUSD #1 Fitness Center.

I release Fisher CUSD #1, its administrators, its Board of Education, its employees and Fitness Center supervisors of liability in case of injury or accident and agree to allow Fitness Center personnel to obtain medical treatment for the member listed below should it become necessary.

Failure to abide by these policies may lead to temporary or permanent suspension of membership privileges.

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Date

Member Name: \_\_\_\_\_ Gender: M / F

Street Address: \_\_\_\_\_ Age: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Date

PLEASE GO to:

[https://docs.google.com/forms/d/1\\_AMXuXTifJIOvQBqAkCAjsu8Xlc2tbyXo3C0sJSCfPk/viewform](https://docs.google.com/forms/d/1_AMXuXTifJIOvQBqAkCAjsu8Xlc2tbyXo3C0sJSCfPk/viewform)

To register electronically.