



# EAST CENTRAL ISD

## EMPLOYEE WELLNESS CENTER GUIDELINES



### ASSUMPTION OF RISK

The Wellness Center has an “exercise at your own risk” policy. The use of the facility is voluntary. Each individual utilizing the facility assumes the risk for any harm or injury sustained. ECISD will not assume any responsibility for injuries sustained or incurred through participation in any wellness program and/or services in or outside the Wellness Gym facility. However, all injuries, equipment concerns or inappropriate use of the facility should be reported to Maggi Welham at 210-581-1184. It is strongly advised that participants use caution, be aware of potential health risks associated with exercise, and/or obtain a physical from a physician before beginning any exercise program. It is also recommended that every participant of the Wellness Center be covered by a health and accident insurance policy.

### BY SIGNING BELOW, YOU ACKNOWLEDGE TO ABIDE BY ALL GUIDELINES AND POLICIES SET FORTH BY THE DISTRICT INCLUDING THE FOLLOWING:

- I will be responsible for my safety and well-being while using equipment and facilities.
- I understand the Wellness Center is accessible only to ECISD Staff
- I will not use the facilities during working hours.
- I further understand that no one under the age of 18 is allowed in the Wellness Center.
- I will have my district ID with me at all times.
- I will not loan my Wellness Center pass to anyone.
- I will not bring food inside the Wellness Center at any time, and my beverages will be kept in a spill-proof container.
- I will wear athletic footwear for participation in the Wellness Center.
- I will not wear open-toe shoes, sandals, boots, jeans, belts, or exposed metal.
- I will utilize a spotter when using excessive weight for the following exercises--bench press, incline and squats.
- After using equipment, I will use sanitary wipes to wipe down all equipment I used and return all equipment to its proper storage.

All patrons will be responsible, courteous and practice safety measures at all times. Disorderly conduct, profanity, abuse or misuse of the facilities, equipment or disregard for guidelines and policies will not be tolerated. Violators will be subject to disciplinary action or suspension of facility use.

**WAIVER OF CLAIMS:** I do hereby assume full responsibility for all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating in the activity/activities. I hereby waive all claims against the East Central Independent School District. I fully understand that any medical treatment given to me will only be of first aid treatment type. I also understand that I will be responsible for all costs related to any medical treatment provided. Participant signature is an agreement that all information provided is accurate and true, and he/she will abide by all ECISD policies and procedures.

### PRINT, SIGN AND SUBMIT TO ATHLETICS OFFICE

Print Name \_\_\_\_\_

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

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

Campus/Department \_\_\_\_\_

Staff ID # \_\_\_\_\_ Badge ID# \_\_\_\_\_

Date \_\_\_\_\_

Revised: 08/11/23    Paid \$ \_\_\_\_    Date \_\_\_\_    Rec'd by \_\_\_\_\_

## THE DETAILS

### MISSION STATEMENT

To promote healthy living in the staff and community of ECISD through wellness education and physical activity opportunities.

### SCHEDULE

- Monday-Friday
- 6:30 - 8AM and 4:30 - 8PM ONLY
- District Holidays Observed, including Staff Development Days.
- The schedule is subject to change.
- The Wellness Center is located at the north end of the East Central High School complex in Gym 3 by the student parking lot.

### SERVICES

- Strength, flexibility and cardio fitness equipment
- Access to water fountains and restrooms
- Weights and resistance equipment
- Locker room or shower access is not available

### FEE & ACCESS

- FEE: \$5 (cash only/exact amount), yearly fee for secured access key issued by the Athletic Office.
- Replacement fee (\$5).
- You must have an ID badge. You will be notified via email when your access key is ready.
- Access expires on 5/24/2024.