

Member Information

Name (please print clearly): _____

Address: _____

Phone Number: _____

- To request a key, or to replace a lost/damaged key, contact the Business Office.
- Keys will only be issued to those who agree to the policies spelled out in the Membership Key Agreement. Your signature (below) indicates your agreement to these policies. The key will only be released when the Membership Key Agreement is signed.
- A deposit of \$20 is required at the time of issuance.
- You are responsible for supervising the facility, and those accompanying you, when using the key for facility access.
- Any person age 15 and under must be under the direct supervision of an adult and may not be left unattended.
- You may NOT transfer, loan, or give possession of the key to another person. You may NOT alter the key in any way.
- Your guest, when accompanied by you, may use the facility at a cost of \$2 per day to be paid at the Business Office.
- Lost or damaged keys must be reported to the Business Office immediately.
- You will be fined \$30 (\$10 re-charge + \$20 deposit) for the replacement of a lost/damaged key.
- Key replacement will not be completed until payment is received for the lost/damaged key.
- Should your status change, you must return the key to the Business Office.
- The District reserves the right to collect all keys for any reason.
- Any violations to the Membership Key Agreement will result in the key being disabled.
- Any person under age 12 is not allowed in the Fitness Center.

Key Issued (Date): _____

Key Returned (Date): _____

Deposit (Amount): \$ _____

Check Number: _____

Receipt Number: _____

Membership type:

- KASD Staff (free membership, for staff member only, with the stipulation that you're always considered to be in a supervisory role)
- KASD Student (free membership)
- Individual (\$20 per month, payable by the 1st of each month, nonrefundable)
- Individual (\$240 per year, nonrefundable)
- Household (\$60 per month, nonrefundable)
- Household (\$720 per year, nonrefundable)

Member Signature

Date

District Representative

Date

Welcome to the Kadoka Area School District Gym/Fitness Center. The facility was designed to better suit the wellness needs of our students and our community. We encourage community members to use the facility, but student use is always priority.

Hours of Operation:

Membership key access is from 4:00 a.m. to 7:15 a.m. and 4:30 p.m. to 11:00 p.m. when school is in session all other days 4:00 a.m. to 11:00 p.m. However, the facility may be closed at any time at the discretion of the District. Hours of operation are also subject to change at any time. Only members and their guests are allowed entry. In the event of a lost or damaged key, a new key must be purchased for \$30. Using another's membership key is prohibited, and doing so will result in cancelation of key and termination of membership.

Assumption of Risk:

The facility operates on an "exercise at your own risk" policy. Use of the facility and its programs is completely voluntary. The District will NOT assume any responsibility for injuries incurred through participation in programs and/or services inside or outside the facility. It is strongly advised that you use caution, be aware of potential health risks associated with exercising, and obtain a physical from a physician before beginning any exercise program. It is strongly recommended that every participant of the Fitness Center activities be covered by a health and accident insurance policy.

General Policies, Rules, and Regulations:

- All persons, including guests, using the facility must sign in (a sign-in sheet will be located by the door).
- Any person age 15 and under must be under the direct supervision of an adult and may not be left unattended.
- Students age 16 and above must be in good standing with the District to use equipment without adult supervision.
- Treat members, coaches, and adults with respect and courtesy at all times.
- Be responsible, courteous, and safety-conscious at all times. Disorderly conduct, abuse or misuse of the facility or its equipment, or disregard for policies will not be tolerated. Violators will be asked to leave the facility and membership will be suspended.
- No bicycles, unicycles, skateboards, rollerblades, or scooters are allowed in the facility.
- Only service animals are allowed in the facility. All pets are strictly prohibited.
- No equipment is to be taken out of the Fitness Center at any time.
- Possession of weapons, alcohol, illegal drugs, and tobacco (including smokeless tobacco and e-cigarettes) is NOT allowed.
- Food is not allowed in the Fitness Center at any time. Water and other drinks in securely closed containers may be used in the exercise or gym areas. Glass containers are prohibited at all times. It is your responsibility to immediately clean up any spills.
- All music is to be kept at a respectful level.
- Dress appropriately and use non-offensive language. Failure to do so will result in denied access to the gym/Fitness Center.
 - Clothing with offensive language, design, or pictures is not acceptable.
 - Soft-soled, closed-toe athletic shoes must be worn in the facility. Clean, dry shoes not used outdoors are required. Street shoes are NOT permitted.
 - Jeans, belts, metal zippers, studs, jewelry, etc. are prohibited as they may damage the exercise equipment and pose risk of injury.
- The District is not responsible for lost, stolen, or damaged personal items in or around the facility.

Area-Specific Responsibilities:

- Do NOT place bags or personal belongings on fitness floor or around machines
- Cardio Equipment
 - Keep all loose clothing and towels away from moving parts
 - Use care when getting on and off equipment

- Stand off to the side of the treadmill belt when starting treadmill
- For your safety, make sure the treadmill belt is completely stopped when exiting the machine
- Do not leave running treadmills unattended
- Wipe down the machine when you are finished (including seat and hand rails) using the cleaning towel and spray provided. Do not spray machine directly. Please spray the cleaning towel then wipe off the equipment.
- Limit your use of a single machine to 30 minutes if someone is waiting
- Report any broken equipment to the Business Office

- Fitness Floor, Resistance Training & Free-Weight Area
 - Keep clear of weight stacks, safety catches, belts, pulleys, and other moving parts
 - Use machines for intended purposes only
 - Do not spray equipment directly; please spray towel then wipe off equipment
 - Do not drop, throw, or slam weights
 - Return equipment to its proper location after use
 - Report any improper use of equipment or weights to the Business Office

My signature, below, shows I have read, understand, and agree with the above rules and regulations. I acknowledge that I am aware of, appreciate the character of, and voluntarily assume the risks involved in participating in activities in the Kadoka Area School Gymnasium/Fitness Center.

Additionally, by my signature, below, on behalf of myself, my heirs, next of kin, successors in interest, assignees, personal representatives, and agents, I hereby:

1. Waive any claim or cause of action against, and release for liability of, the Kadoka Area School District, its officers, employees, and agents for any liability for injuries to my person or property resulting from my use of the facility or participation in the activities listed above;
2. Agree to indemnify and hold harmless the Kadoka Area School District, its officers, employees, and agents for any claims, causes of actions, or liability to any other person arising from my use of the facility or participation in the activities listed above;
3. Consent to receive any medical treatment deemed advisable in the event of injury, accident, or illness during these activities; and
4. Acknowledge that for a participant under 18 years of age signed below as a minor child, a signature is required by the parent or legal guardian of the minor child to participate.

I have read the assumption of risk, waiver of liability, and release agreement. I understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to me, and intend my signature to be a completely and unconditional release of all liability to the greatest extent allowed by law.

The District reserves the right to refuse and/or terminate memberships at its discretion in instances where the membership agreement is violated.

Member Printed Name: _____

Date of Birth (minors only): _____

Address: _____

Signature: _____

Date: _____

If member, above, is a minor (under 18 years of age):

Parent/Legal Guardian Printed Name: _____

Relationship to Minor: _____

Parent/Legal Guardian Signature: _____

Date: _____