

Community Relations-Plattsmouth Community Schools Fitness Center Memberships

The Plattsmouth Community Schools Community Fitness Center is available for use by patrons of the District. To cover costs of operations, community users will be allowed to purchase memberships and access cards will be issued. Community use will be limited to members. Members will be required to sign a Use and Release Agreement.

Memberships will be available to residents of the Plattsmouth Community School District. Members must be 18 years or older. Secondary school students are not eligible even if age 18 or older. Membership and access to the fitness center will be limited to those with character appropriate for a school environment.

The annual cost is \$20 per month for an individual membership and \$30 per month for a family membership. Family membership allows use by any member of the member's household related by blood or marriage. Any child using the fitness center on a family membership must be accompanied and supervised at all times by a responsible adult family member, the coach of a District activity in which the student participates, or a fitness center supervisor (If a supervisor is not available, then the child must be supervised by an adult family member or District coach). Plattsmouth graduates that are currently competing in collegiate athletics may use the fitness center at no charge, but they must sign a Use and Release Agreement and abide by all rules.

In an effort to promote and maintain the District's Healthy Schools Program initiative that is supported by the Alliance for a Healthier Generation, the American Heart Association, and the Clinton Foundation, all active Board members and employees will be allowed to use the fitness center free of charge. However, all Board members and employees are expected to abide by the Rules and Regulations contained herein and sign a Use and Release Agreement.

Members shall not give their access card to anyone or allow non-members to enter the facility (including students not covered by their membership). Consequences may include termination of the violator's membership. No refund will be issued.

Memberships may be revoked or restrictions on use may be made in the event a user fails to follow the rules for the fitness center or in the event the Board of Education or school administration determines that such is in the best interest of the district.

Hours of Operation

The times the fitness center will be open for use by members will be set by the school administration. The hours will vary throughout the year and will be posted or otherwise communicated to members. The hours will be set for times when school is not in session and to avoid conflicts of use regarding students and school activities. Members understand that there will not always be a supervisor on duty during the hours that access is granted.

Rules of Fitness Center

All community users must follow rules for use of the fitness center. These rules may be changed from time to time by the Board of Education or school administration.

Access Cards

A computerized card entry system will be in use. Each member will be issued an access card. In the event the card is lost, a replacement will be issued at a cost of \$5.00.

**PLATTSMOUTH COMMUNITY SCHOOLS COMMUNITY FITNESS CENTER
RULES & REGULATIONS**

Use of the Fitness Center. Community use is restricted to members of the fitness center. Members must sign a Use and Release Agreement, as a condition of use. Family membership allows use by any member of the member's household related by blood or marriage that sign a Use and Release Agreement. Any child using the fitness center on a family membership must be accompanied and supervised at all times by a responsible adult family member, the coach of a District-sponsored activity in which the student participates, or a fitness center supervisor (If a supervisor is not available, then the child must be supervised by an adult family member or District coach).

1. Use of the fitness center does not authorize you to be in other parts of the school building without following established procedures for checking into the building. Persons who access the fitness center or the building without authority will be considered trespassers.
2. Protect Access Cards. Members are not permitted to: (a) share their access card with others or (b) let others in the fitness center without using their own access card (even a member who says he just "forgot" his access card). Do not lose your access card or place it where others may take it. There is a \$5.00 replacement fee for access cards.
3. Injury Prevention.
 - a. Use is at your own risk. If you have health concerns see your doctor before starting an exercise program. Use common sense.
 - b. Use only equipment that you know how to use. Ask for instruction from fitness center supervisors. If fitness center supervisors are not available, please contact Connor Dukes, the Fitness Center Supervisor, for assistance at 402-779-1328. Follow equipment instructions and instructions of supervisors.
 - c. Warm up and properly stretch prior to using the fitness center.
 - d. When using free weights (squats, cleans, dead lifts, etc.), a weight belt and a spotter are recommended.
4. Appropriate Clothing. Wear clothing appropriate for a school environment. This means no tight fitting or revealing clothing or clothing with messages which students are not permitted to wear during the school day. Shoes must be safe for work outs and not be of a type which may cause marks or dents in the floor (no cleats). Do not wear items that may interfere with safe use, such as loose necklaces, dangling earrings, or head coverings other than sweat bands.
5. Respect the Facility and Other Users:
 - a. Unload weights from machine or bar after each use.
 - b. Do not allow free weights and machine weights to drop or slam together.
 - c. Please wipe perspiration from benches and grips after use.
 - d. Stay out of staff desks, school files, and the belongings of others.
 - e. No horseplay or offensive language.
 - f. Keep music to a volume low enough for conversation.
 - g. Water should be used as needed for appropriate hydration in an appropriate (closed) container. Tobacco, alcohol, drugs and weapons are prohibited.
6. Reports. No later than the following business day, report to the supervisor or school administration: any unsafe condition, any injury to yourself or others, and any rule violations by other members.
7. Emergencies. In case of emergency DIAL 911 and inform the supervisor or school administration.

**PLATTSMOUTH COMMUNITY SCHOOLS COMMUNITY FITNESS CENTER
USE AND RELEASE AGREEMENT**

I have read the policy or administrative regulation and the rules and regulations for the Plattsmouth Community Schools Community Fitness Center. I fully understand them and I agree to comply with them, including such modifications as may be made from time to time. I agree to modify my workout to conform to the wishes of the Plattsmouth Community Schools if asked to do so. I understand that the use of the fitness center is a privilege and not a right and that my membership may be revoked or restricted. I understand that if I give my access card to anyone or allow non-members (including students not covered by my membership) to enter the facility my membership may be terminated and I will not receive a refund of any pre-paid membership fees.

I agree to leave the fitness center if asked to do by a member of the Plattsmouth Community Schools staff or any supervisor and understand if I am present without permission that I would be a trespasser. I also agree to promptly report to the Plattsmouth Community School administration: (1) any failure by any other person to follow the rules of the facility or (2) any unsafe condition. I am aware that a surveillance camera may be in use.

I am aware of the risks involved in the use of the facility and its equipment and that the use of the fitness center and its equipment could result in injury or harm to myself. I further understand that there will not always be a supervisor on duty during the hours that access is granted. I acknowledge and assume any such risk to my person or property connected in any way with the fitness center and its equipment. I hereby agree to release and hold Plattsmouth Community Schools, the Board of Education, employees and agents of the Plattsmouth Community Schools, and any volunteer trainers or supervisors, harmless from any and all personal injury to myself or damage to or loss of my property in any way related to my use of the fitness center or its equipment.

I sign this Use and Release Agreement as my own voluntary act.

Date _____

Printed Name: _____

Signature: _____

Revised: December 12, 2011, Aug. 13, 2012

Reviewed: Jan. 14, 2013, Jan. 13, 2014, Jan. 12, 2015, Jan. 11, 2016, Jan. 9, 2017, Jan. 15, 2018

Feb. 11, 2019, Feb. 10, 2020, Feb. 8, 2021, Feb. 14, 2022

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