

Kewaskum Fitness Center Policies and Agreement Form

The Kewaskum Fitness Center is open to students, employees and residents in and around the School District of Kewaskum. Users must agree to adhere to the following policies or membership privileges may be revoked.

Hours of Operation for Fitness Center

The following schedule applies when school is in session. Hours may be adjusted during holidays, special events, and the summer. The fitness center will be staffed and open for community use during the following times:

Monday – Friday	School Year: 5:00 a.m. - 7:00 a.m.; 3:00 p.m. - 8:00 p.m. Summer Hours: 5:30 a.m. - 8:00 a.m.; 3:00 p.m. - 8:00 p.m. <i>Please note on Fridays the facility will close at 7:00 p.m. or earlier based on attendance.</i>
Saturday	7:00 a.m. – 11:00 a.m.
Sunday	Closed

Membership

Memberships need to be purchased at the high school office during regular business hours. Membership is available for the following individuals:

Students

All students enrolled at Kewaskum High School are able to use the fitness center free of charge during the school day as part of their physical education classes. Students may use the fitness center free of charge after school but must use their student ID to gain access.

Age Requirements:

No students below grade 6 may use the fitness center.

Students in grade 6 and 7 are allowed to use the fitness center with a parent/guardian.

Students in grade 8 and above are allowed to use the fitness center on their own.

College Students and Armed Forces

A person who is enrolled full-time in college, technical school, or armed services may purchase a membership for \$50.00 for the year or \$10.00/month with an ID.

District Employees

Employees of the Kewaskum School District are able to use the fitness center for free with an employee ID. A district employee is defined below.

Membership

For the purpose of memberships a family consists of up to two adults and their legal dependents. See the membership rate table below.

The Kewaskum Fitness Center is open to students in 6th and 7th grade if accompanied by an adult and to students in 8th grade and above on their own. For the purpose of memberships a student starts 6th grade on September 1.

District Employee: A district employee is defined as an individual who works for the School District of Kewaskum as their primary means of employment. This does not include substitute teachers or substitute paraprofessionals, officials, sub-contractors, etc. This does include coaches and advisors.

Legal dependents: A person who relies on someone else for financial support. The definition of a legal dependent is one who is supported solely on by the member and can claim that person on their taxes. Legal dependency includes spouses and minor children up to 19 years old (24 years old for full-time students).

Student: A person who is enrolled full-time in high school, college, technical school, or armed services.

Membership Rates:

Membership Type	Annual Resident	Annual Non-Resident	Monthly
College Students & Seniors (55+)	\$ 50	\$ 75	\$10/month
Employee	FREE	FREE	FREE
Employee Spouse	\$60	\$60	\$5/month
Employee Family	\$ 120	\$ 120	\$10/month
Adult Single	\$ 120	\$ 130	\$10/month
Family	\$ 240	\$ 260	\$20/month

Orientation

All members will be required to complete an orientation during their first 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.

- Students taking physical education classes will receive orientation from their respective physical education teacher.
- Student-athletes will receive orientation from their respective athletic team coach and the district Athletic Trainer.
- Community members will receive orientation from the Fitness Center Manager/Supervisor. 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 of use of the facility without refund of membership fees.

Dress Code

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

- Shoes required (Tennis, Jogging, Walking, Aerobic etc.) (No sandals, boots, or open toe shoes permitted)
- Shirts required (No half shirts, torn or altered shirts, cut off shirts, sport bras, loose fitting tank tops, open back tops, or midriff tops)

- Athletic or Jogging shorts, sweats, or warm-ups. (No cut-offs or short shorts.)
- Absolutely no street clothing with rivets, buttons, zippers or belts. NO JEANS!

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

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 or manager regulates the music and television selection in the fitness center. Music that includes any type of foul language is not to be played. Televisions will be turned on only upon discretion of the teacher, coach, or manager. The volume control on the televisions will be turned down all the way, and the closed captioning feature will be used.

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 and it must remain in the wall storage area to avoid spills on equipment or where others are exercising. A water fountain is available within the Fitness Center.

Personal Items

A small storage area is available within the fitness center. Personal items such as book bags, backpacks, coats, sweats, etc. are not permitted on the floor of the fitness center. These items must be stored in the designated area. Participants are encouraged to leave valuables at home. The Kewaskum Fitness Center and the School District of Kewaskum are not responsible for lost or stolen items. Patrons will not be allowed use of the school locker rooms or shower facilities.

Childcare

The Fitness Center does not provide a nursery or childcare services. Children may not be left unattended in the Fitness Center nor in the foyer/fieldhouse area outside the Fitness Center. Children also may not wait by the exercise equipment while their parent(s) exercise. For the safety of your children, please make prior arrangements.

Emergencies

- In the event of an emergency within the Fitness Center, notify the manager immediately, and follow their instructions. 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 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 the comfort level of all participants. If any individual has any questions or concerns please feel free to discuss them with the Fitness Center Manager.

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 barbells or dumbbells is not permitted.
- Work together to accommodate the needs of all participants.
- No weightlifting chalk is permitted. Benches are NOT allowed on the wood platforms.
- 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 spray it with disinfectant and wipe with a paper towel. 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 on each machine to 30 minutes.
- It is appropriate fitness center etiquette to ask politely how much longer the user will be on a cardiovascular machine. Normal courtesy is to let them know so they can plan their workout accordingly.
- When finished using the cardiovascular equipment, please wipe down the equipment and reset the machine. NEVER spray directly on the display console.

Fitness Center General Policies

The Kewaskum Fitness Center is a controlled access facility. Only registered member users are permitted entry. Responsibility for general supervision of the fitness area rests with the manager.

Profane or indecent language is inappropriate. The Fitness Center Supervisor may ask for photo identification of members to prevent fraudulent use of memberships.

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 an exercise regimen.

