

Northland Community Schools: Fitness Center Use Policy

Purpose: Regular exercise has many benefits. Everyone knows that they should exercise. The newest statistics on obesity in the U.S. are reaching epic proportions. Northland Community Schools recognizes this fact and is addressing the issue by operating and maintaining a recreational weight training facility.

Students Only hours: 3:00-5:00 PM

Adult Only hours: 5:00-7:00 PM

Open hours: 7:00-10:00 Pm and 5:00 am-8:00 am

Membership Fees: \$60.00 for a year membership \$80.00 for family.

Students Fee: \$20.00 and \$10.00 to replace a key

Youth: 14 and older may use the fitness center. You may never train alone. If you are 14 you need to have at least a 16-year-old with you. *You must have an orientation with Scott Bachman before you are issued a key.*

Expectations:

1. Proper footwear (non-marking soles) must be worn by all participants.
2. Shirts must be worn at all times.
3. All users are required to wipe off machines after use.
4. All users are required to return weights to proper stand after use. **DO NOT LEAVE WEIGHTS ON EQUIPMENT!**
5. The use of the facility may be restricted at certain times.
6. No smoking. No eating. No pets.
7. Be considerate of others. Do not sit on a machine or bench unless you intend to use it.
8. Please warm up properly before any exercise or use.
9. Please use a spotter when working with free weights.
10. Injuries must be reported immediately.
11. Abuse of equipment will not be tolerated. Loss of privilege will occur.
12. Do not drop free weights.
13. Commit no act of theft or destruction of property.
14. All Persons using the facility must comply with and abide by all school rules.
15. Only members are permitted to be in the Fitness Center. Any member, who allows a non-member to enter the facility, or use their card, will lose all membership benefits and will not be refunded any money.
16. Members must all make sure all doors are shut securely when they leave.
17. Do not prop doors open.
18. Northland Community Schools is not responsible for any injury that may occur.
19. No student while enrolled in school may use the fitness center unsupervised. There must be another member training with the student. If the student is 14, they need to have at least a 16-year-old with them.
20. Students must be signed up and receive access key through community education.
21. Students must use their key to fob in anytime they access the fitness center.
22. Students must sign in on the roster.
23. There should be no more than 10 people in the fitness center at one time.
24. Allowing other students who are not registered and have a key into the fitness center may result in the loss of your privileges.

If there is any Violation of Fitness Center Policy you will be subject to loss of membership with no refund of money. We encourage people to use the center, but also want to provide a safe and usable facility to everyone.

Violations of Fitness Center Policy Consequences:

1st Violation – Membership card will be deactivated for 1 week or longer.

2nd Violation – Membership card will be deactivated for 1 month or longer.

3rd Violation – Membership card will be deactivated for the remainder of the school year.

A membership card will be provided. There will be a \$10.00 deposit on all membership cards.

I _____ understand the expectations of using the Fitness Center and agree to following this Fitness Center Policy.

Signature _____ Date: _____

Phone Number: _____ Key# _____

Students must have the following completed prior to being issued a key:

Student has completed orientation training with Scott Bachmann.

Fitness Center Trainer Signature _____ Date: _____

Student has reviewed expectations and violations of policy with Activities Director.

Activities Director Signature _____ Date: _____