

STUDENT FITNESS CENTER CODE OF CONDUCT

1. Complete all required forms and notify school nurse of all medical conditions and/or changes in medical status.
2. Follow the recommendations of the Physical Education staff or coach concerning your exercise program and usage of equipment.
3. Always warm up and cool down before and after each workout session.
4. Know your physical limits and exercise within those limits. Discontinue exercise if chest discomfort, dizziness, pain or any other physical discomfort occurs and report directly to physical education teacher, nurse, trainer, or coach.
5. Only attempt exercises you are familiar with and know how to perform using proper technique. If you are uncertain how to use any of the equipment, please ask for assistance.
6. Always load and unload barbells evenly. When finished, unload and return weights to the rack.
7. When using machines, make certain that all the adjustable components are securely locked in position and set at the correct setting for you.
8. Always use a spotter when using free weights.
9. Report any injuries to Physical Education Teacher, Coach, and/or Athletic Trainer immediately.
10. Report any equipment problems to Physical Education Teacher, Coach immediately.
11. Wear proper workout attire, including shirts and athletic shoes (jeans, cut-off jeans, sandals and revealing attire is not allowed).
12. Remove jewelry before working out (watches, rings, necklaces, bracelets, etc.).
13. Eden CSD is not responsible for personal belongings being lost, stolen, or damaged. Personal belongings must be stowed in a locker (Lock not provided). Take your lock home after each workout. All locks will be cutoff at the end of the night.
14. Wipe down the padding and handles and disinfect the cardio equipment after each use.
15. Follow appropriate safety and etiquette practices at all times.
16. All music must be played in personal ear phones.
17. No equipment is permitted to leave the Fitness Center.

18. On-duty supervisors have the authority over all Fitness Center conduct and use of equipment, and may expel anyone from the facility for failure to comply with instructions and facility rules and guidelines.

19. All school rules apply to the Fitness Center, even during non-school hours. Violation of those rules will result in discipline from the school.

The Following are NOT permitted:

1. Horseplay, offensive language or disrespectful comments.
2. Misuse of equipment or failure to comply with safe exercise practices.
3. Dropping weights and other equipment on the floor or weight stacks on machines.
4. Food, gum, glass bottles, beverages (other than water), tobacco alcohol or non-prescription drugs.
5. Facility phones are off limits unless permission is given.
6. Personal training by a personal trainer.

