



MANSFIELD SCHOOL DISTRICT  
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## Mansfield School District (MSD) - Gymnasium and Fitness Room

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**Memberships:** Mansfield School District/gymnasium and fitness room is available for use by patron and guests of the district. Members will be required to sign a Use and Release Agreement. Members must be 18 years or older. Secondary school students are not eligible even if age 18 or older. Memberships and access to the fitness center and gymnasium use will be limited to those with character appropriate for a school environment. You will be given a keycard and access code to enter at the northeast side gymnasium door.

Any child under the age of 18 using the fitness center on a family membership must be accompanied and supervised at all times by a responsible adult or the coach of a District activity in which the student participates.

Members shall not give their keycard or access code to anyone or allow non-members to enter the facility (including students not covered by their membership). Members may accompany an approved guest to use the facilities. Any guest using the facilities must sign a waiver releasing liability. Consequences may include termination of the violator's membership. You will be charged a \$20 replacement fee for lost keycard. You must notify the office immediately if you have lost your card so that the card can be disabled in the security system.

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

**Membership Fees:** To help keep the facilities maintained and equipment refurbished there will be a \$50.00 annual membership fee for a family or individual membership. Payment will be collected in the district office or by mail prior to using the facilities. Membership will be renewed every September.

**Hours of Operation:** The times the fitness center and gymnasium 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 the members. The hours will be set for times when school is not in session and to avoid conflicts of use regarding student and school activities. Members understand that there will not always be a supervisor on duty during the hours that access is granted.

**Rules of Weight Room and/or Gymnasium:** Rules for use of fitness room and/or gymnasium must be followed by all community/guest users. These rules may be changed from time to time by the Board of Education or school administration.

Date of Adoption: July 23, 2024

## MANSFIELD SCHOOL DISTRICT – GYMNASIUM / FITNESS ROOM RULES & REGULATIONS

Use of the fitness room and/or gymnasium. To use school amenities, members must sign a Use and Release Agreement, as a condition of use. Family membership allows use by any member of the family's household related by blood, marriage, or other court documents; who sign a Use and Release Agreement that are 18 years and younger. Any child under the age of 18, using the fitness center and/or gymnasium on a family membership must be accompanied and supervised at all times by a responsible adult or the coach of a district-sponsored activity in which the student participates. **Use of the fitness center and /or gymnasium 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 room and/or gymnasium or the building without authority will be considered trespassers **To help keep the facilities maintained and equipment refurbished there will be a \$50.00 annual membership fee for a family or individual membership. Payment will be collected in the district office or by mail prior to using the facilities. Membership will be renewed every September.**

1. Protect your Keycard & Access code. Members are not permitted to: (a) share their keycard/access code with others or (b) let others in the fitness center and/or gymnasium without using their own keycard access (even a member who says he/she just "forgot" his/her access card). If you lose or misplace your keycard there is a \$20.00 replacement fee for each keycard lost.
2. Injury prevention.
  - a. Use of the facility and equipment 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. Follow equipment instructions and instructions of athletic director.
  - 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.
3. Appropriate Clothing. Wear clothing appropriate for a school environment.
  - a. Keep all clothing on while using the facility or equipment. Do not go "shirtless" at any time.
  - b. No street shoes. Please carry shoes and change prior to using the facility or equipment.
  - c. No tight fitting or revealing clothing or clothing with messages which students are not permitted to wear during the school day.
  - d. Shoes must be safe for work outs and not be of a type which may cause marks or dents in the floor (no cleats).
  - e. Do not wear items that may interfere with safe use, such as a loose necklaces, dangling earrings, or head coverings other than sweat bands.
4. Respect the Facility and Other Users:
  - a. Respect other people's belongings at all time.
  - b. Unload weights from machine or bar after each use, and store them properly.
  - c. Do not allow free weights and machine weights to drop or slam together.
  - d. Please wipe off all equipment after use. Disinfectant and towels are available.
  - e. No horseplay or offensive language.
  - f. Keep music to a volume low enough for conversation. Head/Earphones are recommended during school days, so classes are not interrupted.
  - g. No food or drinks, except water, will be allowed in the school facilities.
  - h. Tobacco, alcohol, drugs and weapons are prohibited in the building or on school grounds at any time. Anyone under the influence of alcohol or an illegal substance shall not be permitted on the grounds or in building at any time.

5. **Individual Gymnasium Use:**
  - a. Entrance for the Gymnasium is on the northeast side of the gymnasium and it requires a keycard.
  - b. No street shoes. Please carry shoes and change prior to using the facility.
  - c. If walking laps, please stay on the outer perimeter of the gym floor.
  - d. Any equipment or balls used must be returned to their storage location.
  - e. No dunking or hanging on the rims. Any damage will be charged to the user.
6. **Group Use of the Gymnasium:**
  - a. The individual must have approval of the administration and be scheduled for gym use according to the school calendar and school practice schedules. (School activities, practices, etc., have priority over the use of facilities).
  - b. One individual (non-school personnel) must take full responsibility for all individuals using the gymnasium for basketball or volleyball.
  - c. All individuals using the gym must sign a Use and Release Agreement prior to using the facilities.
  - d. Entrance for the Gymnasium is on the northeast side of the gymnasium and it requires the individual in charge to obtain a keycard.
  - e. No street shoes. Please carry shoes and change prior to using the facility.
  - f. Any equipment or balls used must be returned to their storage location.
  - g. No dunking or hanging on the rims. Any damage will be charged to the user.
  - h. The individual in charge will:
    - i. Ensure that they signed Facility Use Agreement.
    - ii. Be responsible to supervise all persons in the building and on grounds during the activity.
    - iii. Be responsible for checking the building at the close of the activity, make sure they have picked up all of their own personal equipment, clothing, etc., turn off all lights, and ensure all doors are locked.
7. Reports. No later than the following business day, report to the athletic director or school administration: any unsafe condition, any injury to yourself or others, and damaged equipment.
8. Emergencies. In case of emergency DIAL 911 and inform the athletic director or school administration. There is a phone located in the fitness room.

Athletic Director or administration numbers are:

Mr. Mitchell Darlington, Athletic Director

Mr. Bruce Todd, Superintendent

Ms. Lisa Guzman, Principal