

Lind-Ritzville Middle School Weight Room

Community weight room hours are: Monday-Friday 5:00 AM- 8:00 AM and 5:00 PM- 10:00 PM
Saturday/Sunday 5:00 AM- 10:00 PM

Card Reader Directions: The card reader is on the door on the east side of the weight room. Swipe your card across the card reader and a green light should flash and the door should open. If the green light does not flash after swiping the card or if your card is lost, please contact Jamie at the Lind School District office at 509-677-3499.

Weight room rules:

Pay annual fee (renewable annually)

Lost or stolen cards must be reported to the district office immediately

I will use the facility responsibly

- Sign in and out
- Clean up any mess I made including putting weights back on racks
- Assure all doors are closed and lights are out if not in use by anyone else
- Be courteous to others including volume of the stereo set to a comfortable level

I will report any damage or other problems that I observe as timely as possible

I will report observed misuse by others as deemed necessary

I will not allow others to use my access card

I will accept full responsibility for any personal injury that may occur from use of the facility and will not hold the district liable for any expense or inconveniences that may occur as a result of such injury

ALL students must be with an adult at all times

No students are allowed to use the weight room unsupervised