

Ware Shoals Fitness Center

Policies and Procedures

The Ware Shoals Fitness Center (WSFC) welcomes community members, parents, grandparents, faculty and staff, and alumni ages 18 and older.

Hours of Community Availability: 7AM – 8PM, 7 days a week

Fitness Center Attire

- Tennis shoes, athletic pants/shorts and t-shirts are considered appropriate attire.
- Shirts should cover full chest, back and lower torso area (no sports bra only).
- Jeans are not permitted.
- Bare feet, sandals, slides, boots are NOT permitted.

Food and Beverages

Other than water bottles, food and beverages are not permitted in the fitness center. Bottled water is available in the fitness center, but you must supply your own cup.

Rest Room

Rest Rooms are located inside the Darby Building, which is accessible with your key card.

Health and Safety

- During the COVID-19 pandemic, we must employ safe practices – social distancing, wearing face masks, and cleaning equipment after use. Our custodian uses an electrostatic sprayer to mist the WSFC with disinfectant on a daily basis.
- Persons who have flu, cold, or any other contagious illness are not to train in the fitness center until they are healthy.
- Please use the bottles of disinfectant and paper towels to wipe down equipment after each use.
- Persons under the influence of alcohol or other drugs are not allowed in the WSFC.

Lost and Found

There will be a lost and found box located in the Fitness Center. The school is not responsible for any lost or stolen articles.

Cardiovascular Equipment Procedures

The Cardio equipment is on a first come, first serve basis. If people are waiting, please limit the use to 30 minutes. Wipe down equipment after use.

Matrix Equipment Procedures

- Members will receive an orientation for use of the equipment.

- Please do not slam the weights.
- Please wipe down equipment after each use.
- If people are waiting let them work in between sets.

Access Revocations and Suspension from the WSFC

The Superintendent and Safety Coordinator are responsible for enforcement of school policies. Courtesy for other members, staff and the equipment in the WSFC is expected and required. Loud, boisterous or abusive behavior will not be tolerated. Head phones must be worn if listening to music. No one will be allowed in the WSFC or on campus if they are not working out. Children will not be allowed to wait in the WSFC while adults are working out. Failure to comply with school policies and WSFC guidelines may result in immediate removal from the center and revocation of access.

Wi-Fi

A Wi-Fi password will be provided when the key card is issued.

Security

Members of the public are authorized access to the Fitness Center and Darby Building only. Upon leaving the premises, members are to be sure doors and gates are completely closed.

Closings

The WSFC will make every effort to be open during posted times. There will be times, however, the center will be closed due to inclement weather, etc. Please feel free to check the district Facebook page or website during these times for status updates.