

Greenwood Community Fitness Center

USAGE RULES & REGULATIONS

1. HOURS OF OPERATION

Monday thru Friday**4:00 a.m. – 11:00 p.m.

Saturday and Sunday.....4:00 a.m. – 11:00 p.m.

****During school year please see posted week day hours.**

All hours of operation are unsupervised! Participants must leave the building by 11:00 p.m.

2. SUPERVISION OF STUDENTS

Students must be supervised at all times. Students must be supervised by school-authorized personnel. Access for students is to be scheduled by school personnel. Schedules are to be made available to the public. Unauthorized use by students will result in suspension. When supervising students, supervisors may use equipment unless supervising more than 3 students.

When students are using equipment outside of school hours, they must be supervised by a parent/guardian who has access to use of facilities.

3. AGE

The minimum requirement for access to the Greenwood Community Fitness Center is evidence of entry of the seventh grade year of school.

All graduates of Greenwood High School may use the Fitness Center until June 1st of their graduating year. After that time, they may purchase a single membership.

4. GENERAL RULES AND REGULATIONS

- Training on safe use of equipment is required prior to use. All new members will be required to attend an orientation session.
- Drugs, alcohol, steroids, and tobacco products are strictly prohibited in the fitness center.
- Food is not permitted in the fitness center.
- All weights and equipment must be returned to the appropriate storage racks. The use of power and/or chalk is prohibited.
- Proper attire is required.

- a. Tennis shoes for indoor use only are required. Tennis shoes used in the fitness center should never be worn outside.
 - b. Shirts covering the entire torso are required. Sleeveless shirts are allowed if properly hemmed. No cut-off shirts will be allowed.
 - c. Shorts must be worn at waist level. Only athletic shorts are permissible. Cut-offs, cargo shorts, etc. are not acceptable. Sweat pants or pants designed for athletic wear are allowed.
 - d. At no time will undergarments be visible.
 - e. Rules for Greenwood students and the board adopted dress code are applicable at all times. The dress code is available for review in the student handbook.
- Personal music devices are allowed with use of ear buds.
 - Music and television volume will be monitored to be considerate of others.
 - All equipment must be wiped down with available disinfectant wipes or towels after use. Treadmills must be powered off after use.
 - Athletic bags, purses, outerwear, and street shoes are not allowed inside the fitness center. Please use the provided space in the lobby.
 - All rules of common sense and appropriate behavior are expected at all times concerning horseplay, cursing, spitting, etc.
 - Any deviation of expected behavior and rules should be reported and will result in the suspension of use.
 - No pets allowed.