

ROSHOLT SCHOOL DISTRICT

Wellness Center Policy

INTENT: The Rosholt School District's mission for the Wellness/Gymnasium/Hallway Policy is to provide a facility, equipment and the opportunity for students and adults to improve their physical wellness. The Rosholt School District encourages everyone to utilize the facility and equipment for its intended use. Loitering or the use of the area as a "hang out" will not be allowed.

MEMBERSHIP FEES PER YEAR

\$75 Individual Student

\$40 Summer Fee

(4-month membership – May 15 to September 15)

\$100 Individual Adult

\$150 Family (Immediate family living in household)

\$5 Nonmember Daily Fee (put in drop box)

****HOURS:** The Wellness Center is available from 4:00 am through 10:00 pm 7 (seven) days a week with school activities taking precedence over community use. The school will attempt to post deviations from this schedule on the Rosholt website and signage in the building. Patrons may contact the school at 537-4283 for updates.

****Fobs** can be purchased in the high school office and the membership form and waiver must be signed **PRIOR** to use of any of the facilities. Fobs will be registered to and be the responsibility of the owner. Any or all damages, infractions, etc. incurred by the user will also be the responsibility of the fob's registered owner. The yearly membership will begin the day the fob is activated. A lost or stolen fob must be reported to the high school office immediately. An additional \$10 will be assessed for a replacement of a lost or stolen fob as well as reactivation due to a suspended fob.

****Members** must be 15 years of age or older with anyone under 18 years of age required to have parental signatures on membership form as the responsible party.

****A** daily use fee of \$5 will be assessed for non-members who must be accompanied by a paid member. A drop box and envelopes will be available in the Wellness Center. Paid members allowing non-members access without fee payment is a violation of policy and could lead to cancellation of membership.

****Instructional** videos on proper use of equipment will be available on the Rosholt School's YouTube Channel.

****Appropriate** athletic apparel must be worn and closed toe shoes are required. Please change from outdoor shoes to appropriate exercise shoes.

****NO FOOD, GLASS BOTTLES, CANS OR POP ALLOWED IN THE WELLNESS CENTER.** Bottled water is allowed but the cap must be kept secured when not in use.

****RETURN ALL EQUIPMENT TO ITS ORIGINAL LOCATION WHEN FINISHED. THIS INCLUDES: WEIGHTS, BARS, DUMBBELLS, MEDICINE BALLS, BAND/CORDS, PLYOMETRIC BOXES AND MANNER FOR WHICH IT WAS DESIGNED. DO NOT ATTEMPT TO MODIFY EQUIPMENT.**

****AFTER USE, PLEASE WIPE DOWN EQUIPMENT WITH THE ANTIBACTERIAL WIPES PROVIDED.**

****In the weights area, safety procedures must be followed. and a spotter must always be present while lifting.**

****Profanity, excessively loud or suggestive language will not be tolerated. Music must be kept at a sound level that is approved and/or comfortable for those using the facility together.**

****Anyone using the facility is expected to leave it as it was found – equipment put away, water bottles in the trash, doors shut, lights off, etc.**

****The Rosholt School District or any personnel of the Rosholt School District are not responsible for injuries sustained during the use of the facility.**

****There is ZERO TOLERANCE for violence, intentional damage, and the use of alcohol, illegal drugs or tobacco of any kind.**

****STUDENT USE (Under the age of 15)**

--There must always be adult supervision in the Wellness Center for students under 15.

--Fobs will not be issued or used by students under the age of 15.

****VIOLATIONS OF ABOVE RULES WILL RESULT IN MEMBERSHIP CANCELLATION OR LOSS OF USE BY STUDENTS.**

The policies of the Rosholt Wellness Center have been developed to keep the facility and equipment in good condition and to assure your safety while using the facility. The use of the Wellness Center and gymnasium is a privilege and failure to comply with policies and/or direction of the staff governing participation, equipment and/or conduct will result in suspension from use of the facilities.

I am aware of the above regulations for the use of the Rosholt Wellness Center and athletic facilities. By signing below, I am absolving the Rosholt School District from any liability. I agree to abide by the rules listed and I understand that consequences will be imposed for violation of any of the rules listed

SIGNATURES OF FOB OWNERS NEEDED BELOW
IF A FAMILY MEMBERSHIP, PLEASE HAVE ALL PARTICIPANTS SIGN BELOW

DATE _____

Print Name

Print Name

Signature of Fob Owner

Signature

Print Name

Print Name

Signature

Signature

Print Name

Print Name

Signature

Signature

FOR MEMBERS UNDER 18

Signature of Student

Age

Date

Signature of Parent / Guardian

Address and Telephone Number _____
