

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. The WSFC provides a certified Personal Trainer onsite to assist with individual fitness goals and needs.

Hours of Community Availability: M-F 4:00pm – 6:00pm.

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. Water fountains are located inside the Darby Building if you do not choose to bring your own water.

Rest Room

Rest Rooms are located inside of the Darby Building.

Health and Safety

- 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 that are left at the Fitness Center.

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

- Each member will receive an orientation to the equipment before use.
- 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 Fitness Center Director is 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.

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.