

**MINDEN PUBLIC SCHOOLS COMMUNITY FITNESS AREA
RULES AND REGULATIONS**

1. Use of the Fitness Areas. Community use is restricted to members of the fitness areas. Members must sign a release as a condition of use. Family membership allows use by any member of the member's household. Any child using the gyms on a family membership must be accompanied and supervised at all times by a responsible adult family member. Children under the age of 12 may not be in the weight room. Use of the fitness areas does not authorize you to be in other parts of the school building without following established procedures for checking into the building. Persons who access the fitness areas or the building without authority will be considered trespassers.
2. Protect Access Cards. Members are not permitted to: (a) share their access card with others or (b) let other in the fitness center without using their own access card (even a member who says he just "forgot" his access card). Do not lose your access card or place it where others may take it. There is a \$50 replacement fee for access cards.
3. Injury Prevention.
 - a. Use is at your own risk. If you have health concerns see your doctor before starting an exercise program. Use common sense.
 - b. Use only equipment that you know how to use. Ask for instruction from our athletic director. Follow equipment instructions and instructions of supervisors.
 - c. Warm up and properly stretch prior to using the fitness center.
 - d. When using free weights (squats, cleans, dead lifts, or power pushes) use a weight belt and use a spotter.
4. Appropriate Attire. Wear clothing appropriate for a school environment. This means no tight fitting or revealing clothing or clothing with messages which students are not permitted to wear during the school day. Shoes must be safe for work outs and not be of a type which may cause marks or dents in the floor (no cleats). Do not wear items which may interfere with safe use, such as loose necklaces, dangling earrings, or head coverings other than sweat bands.
5. Respect the Facility and Other Users:
 - a. Unload weights from machine or bar after each use.
 - b. Do not allow weights to drop or slam together.
 - c. Please towel perspiration from benches and grips after use.
 - d. Stay out of staff desks, school files, and the belongings of others.
 - e. No horseplay or offensive language.
 - f. Keep music to a volume low enough for conversation.
 - g. No food or gum. Water should be used as needed for appropriate hydration in an appropriate (closed) container. No other liquids are permitted. Of course, tobacco, vapors, alcohol, and weapons are prohibited.
6. Emergencies. Report any injury to your self or others to the supervisor or school administration by the following business day. In case of emergency DIAL 911 and inform the supervisor or school administration.
7. Surveillance. District cameras may be in use. No pictures or video may be taken of others in the facility without their express permission.

Date of Adoption: August 24, 2015

Date Reaffirmed: April 12, 2021

**MINDEN PUBLIC SCHOOL COMMUNITY FITNESS AREA
USE AND RELEASE AGREEMENT**

I acknowledge I have read the policies, regulations and safety guidelines related to the Minden Public School Community Fitness Areas, that I understand them, and I agree to comply with them. I agree to modify my workout to conform to the wishes of the Minden Public Schools if asked to do so. I understand that the use of the fitness area is a privilege and not a right. I agree to leave the fitness area if asked to do so by a member of the Minden Public Schools staff or any trainer or supervisor and understand if I am present without permission that I would be a trespasser. I also agree to promptly report to the Minden Public Schools administration: (1) any failure by any other person to follow the rules of the facility or (2) any unsafe condition.

I further acknowledge that I have been advised of the risks involved in the use of the facility and its equipment, and that I have been warned that the use of the fitness center and its equipment could result in injury or harm to myself. I acknowledge and assume any such risk to my person should I use the fitness center and its equipment. I hereby agree to hold the Minden Public Schools, the Board of Education, employees and agents of the Minden Public Schools, and any volunteer trainers or supervisors, harmless from any and all personal injury to myself or damage to my property in any way related to my use of the fitness area or its equipment.

I have read and fully understand the contents of this Use and Release Agreement and execute the same as my own voluntary act.

Areas to be used: ___ **Weight Room** ___ **Activity Gym** ___ **C.L.Jones gym (coaches)**

Date: _____

Printed Name: _____

Signature: _____