

Midd-West High School



Fitness Center

Rules and Regulations

1. Prior to facility use, all participants are required to complete a membership agreement, informed consent, rules and regulations, health history questionnaire, and payment forms.
2. The fitness center is **only** to be used by people with approved admittance. Members must sign-in at fitness center entry before working out and when exiting.
3. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
4. Sexual harassment or offensive behavior of any kind will not be tolerated. Please report any behavior that you feel is inappropriate.
5. Member must wear appropriate exercise attire at all times. A shirt must be worn to cover the upper body, shorts and pants must be mid-thigh or longer; socks and athletic shoes are also required. *No jeans cut off shorts or casual shoes are allowed.*
6. During peak hours the cardio equipment (Treadmills, Bikes, and Ellipticals) is limited to 30 minutes if other people are waiting.
7. Slow down, clear and reset the cardiorespiratory machines (Treadmills, Bikes, and Ellipticals) for the next member before exiting the machine.
8. All participants are responsible and **must** wipe down thoroughly each piece of equipment after use, including free weights.
9. Compliance with free weights and machines includes the following:
 - Use a **spotter** when lifting with free weights.
 - Weight plates are **not to be leaned** against equipment standards and machines.
 - After utilizing equipment, strip bars and return plates, dumbbells, and yellow pins to proper storage areas.
 - Weights must be stacked according to size on weight tree and racks. Do not mix weights.
 - Members must **use safety stops** when using the **squat racks**. Set the safety stops about one inch lower than your lowest movement with the bar.
 - Dumbbells and weight plates **should not be dropped** on floor. Use weight mats provided.
10. Fitness center participants should report all equipment malfunctions, personal injuries, and specific concerns immediately to the staff.
11. All participants are to comply with the fitness center regarding enforcement of policies related to safety, programming, exercise techniques, cleaning, and other guidelines.
12. Midd-West High School is not responsible for lost or stolen personal items.

13. Except for capped water bottles, eating and drinking is prohibited. Please dispose all trash in the proper bins with the fitness center. **NO** gum.

These guidelines exist for the safety and respect of all participants. Supervisors reserve the right to ask anyone to leave for failure to comply with these guidelines. Any behavior deemed inappropriate may result in loss of one's access privileges.

**I acknowledge that I have read and understand these Guidelines;
and agree to abide by them.**

Participant Signature: _____ **Date:** _____

Staff Initial: _____ **Date:** _____