



Community Use of Weight Room Facility

The Weight Room shall be available at designated times to district patrons, provided this agreement is signed and a fee is paid. Patrons using the weight room are to follow proper school procedure and rules as defined by the administration.

INDIVIDUAL REQUESTING USE:

Date of Request: _____

Name: _____

Please list the names of person residing in the home who meet the eligibility rules, who may be using the weight room facility:

_____.	_____.
_____.	_____.
_____.	_____.
_____.	_____.

Address of Residence: _____

City: _____ State: _____ Zip: _____

Home Phone Number: _____ Cell Phone Number _____

Email address: _____

Fee: There is a \$25 fee for using the weight room paid prior to use and will be necessary before a key card will be issued.

This section is for office use only:

Information Verified: _____ *Loupe City Resident. Yes or No*

Card Number Assigned. _____ *Payment Received:* _____

NOTE: THIS DOCUMENT HAS SIGNIFICANT LEGAL RAMIFICATIONS AND SHOULD BE CAREFULLY READ AND UNDERSTOOD BEFORE SIGNING. IF THERE ARE ANY QUESTIONS, THE SIGNER OF THIS DOCUMENT SHOULD CONSULT HIS OR HER OWN ATTORNEY.

Hours of Use by Community:

During the School Year:

Monday – Friday	5am-8am 5pm-11pm
Saturday-Sunday	5am–11pm

During the Summer Break:

Monday – Friday	10am-11pm
Saturday – Sunday	5am-11pm

Eligibility & Procedures for Use of School Weight Room:

1. Any patron who resides in the Loup City Public Schools District is eligible to request use of the School Weight Room. Access by persons not residing in the school district will not be allowed.
2. One card will be provided per household (identified as the adults and any students under the age of 19).
3. All users, other than current Loup City School students, must sign an agreement.
4. Children under the age of 19 will not be permitted without a parent or guardian, .
5. The cardholder may only allow members of their household entrance into the weight room facility with their assigned key card.
6. Children under the age of 12 will not be allowed in the weight room facility as a participant or an observer.
7. Children between the ages of 12 and 19 may not be in the facility without the direct supervision of their guardians.

Rules for Use of School Weight Room

1. No food, gum is allowed in the facilities.
2. The school district does not allow tobacco products on the school facilities. This include inside the facility or on any part of the school property.
3. Only water bottles and sports drinks are allowed in the facilities.
4. No necklaces, dangling earrings, hats, or bandannas are to be worn in the weight room.
5. No horseplay or offensive language in the weight room.
6. Proper dress, including clean and proper footwear, will be worn at all times.
7. Wipe down all equipment after use and return all equipment to its original place.
8. Patrons will not be allowed to utilize the facility during the school day or during scheduled time the school is utilizing the facility.
9. Please respect the private property of the school and the school property by leaving closets and desks undisturbed.
10. The stereo may be used by patrons. Please keep the volume at a reasonable level for those using the facility.

Safety Expectations:

1. Always work with a partner/spotter.
2. Use collars at all times.
3. Wear belts on all sets of squats, cleans, dead lifts, and power pushes.
4. Do not alter workout program without discussing it first with a strength coach or specialist.
5. Do not use equipment or attempt movements you have no knowledge of or training on.
6. In case of an emergency, contact the High School Principal's Office (Extension 300) immediately, or dial 911 if after hours.
7. Always use proper lifting techniques.
8. Always use adequate warm-up and cool-down periods and activities.
9. Consult a doctor or trainer if you have an injury before starting or continuing your weight program.
10. Immediately stop using equipment if any defect in the equipment is found, take the equipment out of commission, and report it to the High School Principal's Office (Extension 300).

Other Expectations and Consequences:

1. School personnel shall have free access to monitor facilities during community use.
 2. Cameras are installed in the weight room and patrons are being recorded at all times. The school may require school staff to supervise weight room use at the patron's expense.
 3. Any damage done to equipment will be charged to the individual that damaged the equipment and access to the facility will be revoked.
 4. Weight room must be left clean and in usable condition. Any additional cleaning that is required by the district may be charged to the patrons that were using the weight room at the time.
 5. Patrons will be expected to leave if requested to do so by school administration.
 6. Consequences for misuse of key card, weight room, and equipment: Key cards will be turned off at the notice of the offense.
 - First Offense: Suspension of key card and listed family members access for six months.
 - Second Offense: Suspension of key card and listed family members access for one year.
 - Third Offense: Key card will need to be returned, no further use of the facility will be allowed.
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RELEASE AND INDEMNIFICATION AGREEMENT

In consideration of the undersigned being allowed or granted permission to use Sherman County School District 0001 a/k/a Loup City Public Schools (hereinafter referred to as "Loup City Public Schools") buildings, grounds, facilities or equipment, the undersigned hereby releases and waives any and all claims, demands, causes of action, suits, debts or damages which the undersigned has or which may in the future accrue, for all personal injuries, known or unknown, or injuries or damage to property, caused or arising out of the undersigned's use of Loup City Public School's building, grounds, facilities or equipment.

Additionally, in consideration of the undersigned being allowed or granted permission to use Loup City Public School's buildings, grounds, facilities or equipment, the undersigned hereby covenants to indemnify and save harmless the Loup City Public School's buildings, grounds, facilities or equipment.

The undersigned acknowledges and agrees that without executing this Release and Indemnification Agreement permission would not be granted to use Loup City Public School's buildings, grounds, facilities or equipment. The undersigned further understands and agrees that this Release shall be binding on the undersigned, and the undersigned's heirs, executors, administrators or assigns, and that by executing this Release and Indemnification Agreement, the undersigned is hereby releasing and agreeing to indemnify Loup City Public Schools, all of its present of future Board members in their individual or official capacities, and all of the school district's employees or agents in their individual or official capacities, and all successors thereto.

The Loup City Public Schools does not sponsor or in any way endorse the views, aims, policies, opinions or content of any speakers, or presenters, or materials disseminated as part of the program of the person or persons or entity allowed access to Loup City Public School's facilities, and remains totally neutral with regard thereto.

The undersigned acknowledges having read this Agreement, understands the rights which are being waived or released hereby, understands the indemnification obligation assumed hereby, and executes the same voluntarily and with full knowledge of its significance.

WEIGHT ROOM WAIVER/AGREEMENT

I acknowledge I have read the safety considerations, rules, expectations, and policies of the Loup City Weight Room Facility and full understand them. I further acknowledge that I have been advised of the risks involved in the use of the facility and its equipment, and I further acknowledge that I have been warned that the use of the facility and its equipment could result in injury or harm to myself and that I acknowledge and assume any such risk to my person should I use the facility and its equipment. In the event that I should sustain an injury to myself in any way as a result related to my use of the Weight Room Facility, or its equipment, I hereby agree to hold harmless the Loup City Public School, the Board of Education, the coaches, trainers or supervisors, or any other employees. I have read and fully understand the contents of this "Hold Harmless Agreement: and execute the same as my own voluntary act. I agree to modify my workout to conform to the wishes of the Loup City Staff if asked to do so, and I agree to leave the Weight Room Facility if asked to do so by a member of the Loup City Administration. I also agree to promptly report to the Loup City Staff any failure by any other person to follow the rules of the facility or any unsafe condition.

Date: _____ Signature: _____

Date: _____ Superintendent Signature: _____