



Fitness Room General Rules & Policies

Thank you for choosing to use the fitness center! Our goal is to ensure that all enjoy a clean and safe environment. To achieve this goal, we ask all users to honor the following rules & policies and respect one another:

- ***NO ONE UNDER 6TH GRADE IS ALLOWED IN THIS FITNESS ROOM AT ANY TIME.***
 - ***6TH AND 7TH GRADE STUDENT or ATHLETE MUST HAVE AN ADULT MEMBER OR COACH FOR SUPERVISION AT ALL TIMES.*** Member supervision should maintain a ratio sufficient to maintain safety of all athletes.
1. ***3:30 P.M. TO 6:15 P.M.*** is a priority time on weekdays for Wittenberg/Birnamwood athletics. Community members are welcome, but should expect student athletes to be present.
 2. Every person is to enter through the NORTH door with membership card, Coach or staff assistance.
 3. All memberships require a completed membership form and signed waiver. No entry will be permitted without a membership card or paid daily fee (not applicable to student athletes).
 4. **DO NOT** open the door or prop the door open for others to enter the fitness center. Violation of this rule may be grounds for suspension from using the fitness center whether a student/athlete or member.
 5. Always wear clean, dry shoes.
 6. Sign in the attendance book **BEFORE** you begin your workout (legibly). If you are the first of the day, please start and date a new page.
 7. Do not lift free weights without a spotter and always wear a collar.
 8. Return weights/ collars to racks.
 9. Wipe down equipment after use.
 10. Report any safety concerns or equipment problems to the Aquatics Center Director or Guard in charge immediately.
 11. No horseplay or inappropriate behavior will be tolerated.
 12. Is the right of the Aquatic Center to have staff periodically check for membership cards and cross reference users with the sign-in book.
 13. The stereo will remain locked unless under a Coach's supervision. Appropriate music free of vulgarity and at a volume suitable for conversation without shouting will be the guideline.

Hours of operation

Community hours: 6:00 - 4:00 p.m. Monday
 6:00 - 8:30 p.m. Tuesday- Friday
 6:15 - 8:00 a.m. and 1:00 - 8:30 p.m. Saturday
 1:00 - 5:00 p.m. Sunday

Student Athlete Hours: 3:30 - 6:15 p.m. Monday - Friday
 Use outside of these times should be scheduled with the
 Aquatics Director.

We thank you for your cooperation in helping us maintain our fitness center's clean, safe, healthy, and friendly environment.

Failure to abide these guidelines may result in loss of privileges.

Management reserves the right to refuse admittance and/or eject from the fitness center premises any persons failing to comply with any of the above health and safety regulations.

The Darwin E. Smith Community Aquatic Center reserves the right to revise or alter these rules and policies.

Thank you!

I have read the rules & policies; I agree to abide by them and agree to conduct myself accordingly.

Name

Date