

Community Relations

St. Edward Public Schools School/Community Fitness Center and Gymnasium Use

Memberships: The St. Edward Public Schools School/Community Fitness Center and Gymnasium is available for use by patron and guests of the district. To cover costs of operations, community/guest users will be allowed to purchase memberships; proxkey access will be issued. Members will be required to sign a Use and Release Agreement. Members must be 18 years or older. Secondary school students are not eligible even if age 18 or older. Memberships and access to the fitness center and gymnasium use will be limited to those with character appropriate for a school environment.

In an effort to promote and maintain the Districts Healthy Schools Program initiative that is supported by the Alliance for a Healthier Generation, the American Heart Association, and the Clinton Foundation, all active Board members, employees, and their families will be allowed to use the fitness center or gymnasium free of charge. However, all Board members, employees, and family members are expected to abide by the Rules and Regulation contained herein and sign a Use and Release Agreement.

A \$100 dollar maintenance fee will be assessed with each membership on a yearly basis. Fees will be used to maintain equipment running as well as replacing existing equipment with new on an as needed basis. Any 7th-12th grade child using the fitness center on a family membership must be accompanied and supervised at all times by a responsible adult family member or the coach of a District activity in which the student participates. Children in the 6th grade and below may not use the fitness equipment at any time, however, they may be present in the facility with an adult member. Note: St. Edward students in 4th-6th grades may use the fitness center once they completed the required fitness course through the school's physical education department.

Members shall not give their proxkey access to anyone or allow non-members to enter the facility (including students not covered by their membership). Members may accompany an approved guest to use the facilities. Any guest using the facilities more than three times will be encouraged to become a member. Consequences may include termination of the violator's membership. No refund will be issued.

Memberships may be revoked or restrictions on use may be made in the event a user fails to follow the rules for the fitness center and gymnasium or in the event the Board of Education or school administration determines such is the best interest of the district.

Hours of Operation: The times the fitness center and gymnasium will be open for use by members will be set by the school administration. The hours will vary throughout the year and will be posted or otherwise communicated to the members. The hours will be set for times when school is not in session and to avoid conflicts of use regarding student and school activities. Members understand that there will not always be a supervisor on duty during the hours that access is granted.

Rules of Fitness Center and/or Gymnasium: Rules for use of fitness center and/or gymnasium must be followed by all community/guest users. These rules may be changed from time to time by the Board of Education or school administration.

Proxkey access. A computerized proxkey entry system will be in use. In the event the proxkey is lost, a replacement will be issued at a cost of \$10.00.

Date of Adoption: February 16, 2011

Date of Revision: January 14, 2017

ST. EDWARD PUBLIC SCHOOLS SCHOOL/COMMUNITY FITNESS CENTER AND GYMNASIUM RULES & REGULATIONS

- Use of the Fitness Center and/or gymnasium. Community use is restricted to members of the fitness center and/or gymnasium. Members must sign a Use and Release Agreement, as a condition of use. Family membership allows use by any member of the member's household related by blood, marriage, or other court documents; who sign a Use and Release Agreement that are 18 years and younger. Full-time college students may remain on a family membership until the completion of an undergraduate program. Any child, in grades 7th-12th grade, using the fitness center and/or gymnasium on a family membership must be accompanied and supervised at all times by a responsible adult family member or the coach of a district-sponsored activity in which the student participates. Children in the 6th grade and below may not use the fitness equipment at any time, however, they may be present in the facility with an adult member. Note: St. Edward Students in the 4th-6th grades may use the fitness center once they complete the required fitness course through the school's physical education department. Use of the fitness center and/or gymnasium 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 center and/or gymnasium or the building without authority will be considered trespassers.
- Protect your Proxkey Access. Members are not permitted to: (a) share their proxkey access with others or (b) let others in the fitness center and/or gymnasium without using their own proxkey access (even a member who says he/she just "forgot" his/her access card). If you lose or misplace your proxkey, there is a \$10.00 replacement fee for each proxkey lost.
- Injury prevention.
 - Use of the facility and equipment is at your own risk. If you have health concerns see your doctor before starting an exercise program. Use common sense.
 - Use only equipment that you know how to use. Ask for instruction from fitness center supervisors. If fitness center supervisors are not available, please contact the School Administration for assistance. Follow equipment instructions and instructions of supervisors.
 - Warm up and properly stretch prior to using the fitness center.
 - When using free weights (squats, cleans, dead lifts, etc.), a weight belt and a spotter are recommended.
- Appropriate Clothing. Wear clothing appropriate for a school environment.
 - Keep all clothing on while using the facility or equipment. Do not go "shirtless" at any time.
 - No street shoes. Please carry shoes and change prior to using the facility or equipment.
 - 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 that may interfere with safe use, such as a loose necklaces, dangling earrings, or head coverings other than sweat bands.
- Respect the Facility and Other Users:
 - Respect other people's belongings at all time.
 - Unload weights from machine or bar after each use, and store them properly.
 - Do not allow free weights and machine weights to drop or slam together.
 - Please wipe off all equipment after use. Disinfectant and blue towels are available.
 - No horseplay or offensive language.
 - Keep music to a volume low enough for conversation. Head/Earphones are recommended during school days, so classes are not interrupted.
 - No food or drinks, except water, will be allowed in the school facilities.
 - Tobacco, alcohol, drugs and weapons are prohibited in the building or on school grounds at any time. Anyone under the influence of alcohol or an illegal substance shall not be permitted on the grounds or in building at any time.
- Individual Gymnasium Use:
 - Entrance for the Gymnasium is on the southwest corner of the gymnasium (double doors near the AG shop) and it requires a proxkey.

- b. Sign in before exercising and sign out when finished.
 - c. No street shoes. Please carry shoes and change prior to using the facility.
 - d. If walking laps, please stay on the tile floor outside of the gym floor.
 - e. Any equipment or balls used must be returned to their storage location.
 - f. No dunking or hanging on the rims. Any damage will be charged to the user.
 - g. Do not use the gymnasium's audio equipment.
7. Group Use of the Gymnasium:
- a. The individual must have approval of the administration and be scheduled for gym use according to the school calendar and school practice schedules. (School activities, practices, etc., have priority over the use of facilities).
 - b. One individual (non-school personnel) must take full responsibility for all individuals using the gymnasium for basketball or volleyball.
 - c. All individuals using the gym must sign a Use and Release Agreement prior to use the facilities.
 - d. Entrance for the Gymnasium is on the southwest corner of the gymnasium (double doors near the AG shop) and it requires the individual in charge to obtain a proxkey.
 - e. No street shoes. Please carry shoes and change prior to using the facility.
 - f. Any equipment or balls used must be returned to their storage location.
 - g. No dunking or hanging on the rims. Any damage will be charged to the user.
 - h. The individual in charge will:
 - i. Insure all individuals sign Group Use of the Gymnasium agreement.
 - ii. Be responsible to supervise all persons in the building and on grounds during the activity.
 - iii. Be responsible for checking the building at the close of the activity, make sure they have picked up all of their own personal equipment, clothing, etc, turn off all lights, and insure all doors are locked.
8. Reports. No later than the following business day, report to the supervisor or school administration: any unsafe condition, any injury to yourself or others, and any rule violations by other members.
9. Emergencies. In case of emergency DIAL 911 and inform the supervisor or school administration.
Phones are located in the Fitness Center for use.

Supervisor or administration numbers are:

Mr. Stephen Osborn (402)678-2282
Mrs. Lindsay Tenski (402)678-2282
Mrs. Kenna Gray (402)678-2282

**St. Edward Public Schools School/Community Fitness Center
And Gymnasium Use and Release Agreement**

I have read the policy or administrative regulation and the rules and regulations for the St. Edward Public Schools School/Community Fitness Center and Gymnasium use. I fully understand them and I agree to comply with them, including such modifications as may be made from time to time. I agree to modify my workout to conform to the wishes of the St. Edward Public Schools if asked to do so. I understand that the use for the fitness center and gym is a privilege and not a right and that my membership may be revoked or restricted. I understand that if I give my access card to anyone or allow non-members (including students not covered by my membership) to enter the facility my membership may be terminated and I will not receive a refund of any pre-paid membership fees.

I agree to leave the fitness center or gymnasium if asked to do by a member of the St. Edward Public Schools staff or any supervisor and understand if I am present without permission that I would be a trespasser. I also agree to promptly report to the St. Edward Public School administration: (1) any failure by any other person to follow the rules of the facility or (2) any usage condition. I am aware that surveillance cameras may be in use.

I am aware of the risks involved in the use of the facility and its equipment and that the use of the fitness center and its equipment could result in injury or harm to myself. I further understand that there will not always be a supervisor on duty during the hours that access is granted. I acknowledge and assume any such risk to my person or property connected in any way with the fitness center and its equipment. I hereby agree to release and hold St. Edward Public Schools, the Board of Education, employees and agents of the St. Edward Public Schools, and any volunteer trainers or supervisors, harmless from any and all personal injury to myself or damage to or loss of my property in any way related to my use of the fitness center or its equipment.

I sign this Use and Release Agreement as my own voluntary act.

Single Membership:

Date: _____ Printed Name and Signature: _____

Mailing Address: _____ Phone Number: _____

Family Membership-Additional family members:

Date: _____ Printed name and signature: _____

Family member: Printed name and signature: _____

Family member: Printed name and signature: _____

Family member: Printed name and signature: _____

Key # _____ PD _____