

SCHOOL DISTRICT OF MELLEN FITNESS CENTER RULES OF USE

The School District of Mellen is committed to the well-being and fitness of its students and community members. The District will allow access to parents, students, (with age requirements and restrictions) and community members to use the Fitness Center as long as they have completed the necessary form and agree to follow all safety rules. The necessary form can be obtained in the District office.

A list of the following rules is to be followed. Administration may add additional restrictions if it is deemed necessary for the safety of the individuals, students or to protect the property and liability of the District.

- Individuals must have submitted a completed and signed Release of Liability and Assumption of Risk Form, Fitness Center Rules of Use Form and paid a \$10 fee for an access key card. Individuals will also have to complete the safety instruction of the equipment before using the Fitness Center.
- No one is allowed to let others in or use their access key card. If you allow anyone in or to use your access key card your rights to use the Fitness Center will be permanently revoked.
- Access is strictly for use of the Fitness Center and gym; no other areas of the school are to be used.
- For clarification, the weight room is not included as part of the Fitness Center. If this is violated, your access to the Fitness Center will be permanently revoked.
- If the gym is being used by school personnel or school sponsored sports, the gym is not to be used until they are finished.
- Locker rooms are unavailable during any practices and/or games.
- Students 16 years of age and older will be allowed to use the Fitness Center and gym without parental supervision on open gym days. Students will not be given an access key card, nor are they allowed to use their parents without the parent being present.
- Children 10-15 years old are not allowed in the Fitness Center, which includes the gym, unless under direct supervision of a parent, or during open gym. No children under 10 are allowed in the Fitness Center or gym except during open gym at which they may only use the gym.
- Exercise is voluntary and performed at your own risk.
- Members must wear appropriate attire at all times. No street shoes are allowed.
- Mellen School District is not responsible for any property lost, stolen or damaged while you are using the facility.
- Malfunctioning equipment is to be reported to the Main Office. Do not attempt to fix it yourself.
- Profanity is not allowed.
- No drinks, except water is allowed in the Fitness Center or gym.
- Members with confirmed COVID-19 or close contact are restricted from accessing the center until the quarantine period has been completed.

Members must **social distance** to the greatest extent possible.

All equipment **MUST** be wiped down and sanitized after use.

Headphones are required to listen to music or watch television.

Fitness Center hours are: Monday through Friday from 6:00-9:30 pm and also during
"Open Gym" - Saturdays and Sundays from 1:00-4:00 pm

The Fitness Center is to be enjoyed by the students and community members of the District.

Please remember it is everyone's responsibility to protect the investment that has been made possible by the School District of Mellen, Memorial Medical Center and the community of Mellen.

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK
FITNESS CENTER**

In consideration of the School District of Mellen ("District") permitting me to use the District's Fitness Center, I hereby release the District, its Board of Education, individual Board of Education members, employees, agents, representatives, coaches, and volunteers from all claims and causes of action of any nature (including those based in negligence), arising from, or in any manner incident to such use of the District's Fitness Center, and agree that I will not initiate any legal action in any form against the District, its Board of Education, individual Board of Education members, employees, agents, representatives, coaches, or volunteers in connection with such use of the District's Fitness Center.

I understand that by operation of this document, I agree to assume any and all risk and liabilities, which arise during and/or are associated with my use of the District's Fitness Center.

I authorize the District and its Board of Education, individual Board of Education members, employees, agents, representatives, coaches, or volunteers to provide or authorize provision of any medical treatment for me that appears to be needed as a result of my use of the District's Fitness Center, and I hereby release the District, its Board of Education, individual Board of Education members, employees, agents, representatives, coaches, and volunteers from any and all liability (including liability based on negligence) resulting from the provision or authorization of such medical treatment.

By my signature below, I acknowledge that I have read, understand and agree to all of the terms of this document. I agree to follow all of the District's rules relating to the use of the Fitness Center and understand that any violation of these rules may result in the loss of privileges to use the Fitness Center.

Print name of individual using Fitness Center

Phone #

Mailing Address

Signature

Date

****Bottom to be completed by Fitness Center Supervisor upon attendance of Fitness Center Orientation Session.**

Fitness Center Supervisor Signature

Date Orientation Completed

_____ \$10 Access Card Fee paid

Board Approved 2/16/2022

- - SEE BACK FOR FITNESS CENTER RULES - -