

# School District of Oakfield

## Fitness Center Rules and Procedures

The School District of Oakfield Fitness Center welcomes all Oakfield School District members, parents, grandparents, school staff, and alumni. Oakfield students may also use the fitness center during these hours if accompanied by a parent. Students of the Oakfield school District 18 and under are not allowed to use the facility during community hours unless accompanied by a parent/guardian.

### **Hours of Community Availability:**

Monday through Friday: 4:30AM – 6:00AM  
5:00PM - 10:00PM

Saturday and Sunday: 5:00AM – 10:00PM

There may be times that the school is unavailable for using the fitness center. In that event, a sign will be posted on the doors. Please enter and exit through the back SE door of the MS/HS.

Prior to receiving a FOB for entrance into the building, you must show proof of Oakfield School District residency (i.e. Driver's License, ID card, etc). There will be a \$20 fee for the FOB-refundable upon return of the FOB. Families may purchase one additional FOB key for \$20.00. A FOB will be signed out and the FOB will only work during the designated times.

### **Fitness Center Attire:**

Proper athletic gear must be worn while using the fitness center.

- CLEAN sneakers, athletic pants/shorts, and t-shirts are considered appropriate attire. During winter months and rainy days, please bring a dry pair of shoes.
- Shirts should cover the full chest, back and lower torso area (no sport bras only).
- Jeans are not permitted. Jeans often have studs, rivets and zippers, which may tear the fabric on the benches.
- Bare feet and sandals are NOT permitted.

### **Food and Beverages:**

Other than water bottles, food and beverages are **not** allowed in the fitness center.

### **Fire Alarms:**

Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while using the facility, you must immediately leave the center through the nearest exit door and remain outside until it has been announced that it is safe to enter the center.

### **Health and Safety:**

If you have the flu, a cold, or any other contagious illness, please do not train in the fitness center. Using the Fitness Center with a contagious illness puts you and all other members at risk. Illness causes an individual's system to become weaker and the likelihood of injury increases significantly when training under these conditions. Furthermore, given the nature of the physical training, the transmission of contagious diseases occurs quite readily. Disinfectant wipes are available for cleaning perspiration from the pads and benches. Please be courteous of fellow fitness center members and use the supplies provided in the areas that you use. Please note that the School District of Oakfield has automated external defibrillators (AED) located within the front hallway by the office.

### **Lost and Found:**

Lost items will be kept in the lost and found boxes located in the front desk as you enter the center. The school is not responsible for any lost or stolen articles or for any items left at the front desk while you are at the fitness center.

### **Cardiovascular Equipment Usage Procedure:**

Cardio equipment is on a first come, first serve basis. We ask that you please limit use to 30 minutes while people are waiting. Please wipe down cardio equipment after use.

### **Weightlifting Rules:**

1. For the courtesy and safety of all fitness center members and students for safety reasons, **all lifters MUST re rack their own dumbbells and weight plates after they have finished using them.** Searching for sets of weights needed for your weightlifting program can be a hassle, and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the center poses obvious hazards. Continued failure to abide by this fitness center policy may lead to the suspension or termination of your use of the facility.
2. Always use a spotter for the applicable lifts (i.e. bench, squat, deadlifting).
3. Please do not slam or drop the weights.

### **Access Revocations and Suspensions:**

The School District of Oakfield staff are responsible for enforcement of school policies and fitness center guidelines. Courtesy for other members, staff and equipment in this fitness center is expected and required. Loud, boisterous or abusive behavior will not be tolerated. Failure to comply with school policies and fitness center guidelines may result in immediate eviction from the center, revocation of access, and disciplinary review through school policy.

### **Inclement Weather:**

During times of inclement weather and class cancellations, the fitness center **will be closed.**

*The School District of Oakfield does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status, sexual orientation, or disability.*

## School District of Oakfield Fitness Center for Adult Community Members

Hours of community availability are Monday through Friday 4:30 a.m. to 6:00 a.m. and 5:00 p.m. to 10:00 p.m. Saturday and Sunday 5:00 a.m. to 10:00 p.m. There may be times that the school is unavailable for using the fitness center. In that event, a sign will be posted on the doors.

The purpose of this policy is to allow for the safe and efficient use of the fitness facility for the Oakfield School District members, and alumni. All adults are expected to have an orientation before using the fitness facility.

- A. I will use the equipment properly and not damage any equipment. If I discover any damaged equipment, I will report it to an Oakfield School District employee no later than the morning of the day following the discovery of the damaged equipment.
- B. I understand there is no food or gum allowed in the fitness facility. Water is the only beverage that will be allowed in the fitness center.
- C. When I am finished working out I will check to be sure that no weights are left on the bars, that all weights and equipment have been properly re-racked, that all surfaces I came in contact with have been sanitized, and the room is free of trash.
- D. I will be respectful of student-athletes' use of the fitness facility.
- E. I can expect reciprocal respect from the student athletes.
- F. There will be a \$20 fee for the FOB-refundable upon return of the FOB. families may purchase one additional FOB key for \$20.00.
- G. A \$20 fee will be assessed for replacement FOBS.

### **Consequence of Inappropriate Use:**

The use of any district fitness facility is a privilege and not a right. Adults are expected to use the facility in accordance with the above procedures. Failure to use this facility in an appropriate manner will result in the cancellation of use or access to privileges as determined by the administration of Oakfield School District.

“You should always consult your physician or another healthcare provider before changing your diet or starting an exercise program. I understand that there is a risk of injury associated with using the Oakfield School District Fitness Center.

I hereby assume full responsibility for any and all injuries, losses, and damages as a result of the inherent risk that I incur while exercising or using the equipment at the Oakfield School District Fitness Center. I recognize that there will not be an attendant on duty and I hereby waive all claims against the Oakfield School District Fitness Center, its instructors, or partners individually or otherwise, for any and all injuries, claims or damages that I might occur.”

Community Patron: I have read and understood the above agreement and agree to abide by the School District of Oakfield's Fitness Facility Agreement.

Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

FOB Number: \_\_\_\_\_

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