

Reedsville School District (RSD) Fitness Center Rules and Policies

General Fitness Center Processes

- RSD Fitness Center memberships will mirror the school's fiscal year from the beginning of July and the end of June. Cost is \$60 annually for residents and \$120 annually for non-residents. There is a one time \$10 key fob charge and any key fob reissue will have a \$10 charge.
- Rates will be prorated based on the starting month only. Rates will not be prorated based on an end date other than June 30.
- Renewals are due prior to July 1 to ensure key fob access is continuous.
- Perspective members should complete a membership form and turn it into the Elementary School office. Forms are available in the Elementary School office and on the District website.
- The Fitness Center members can only be accessed by the public from the West door, patrons will scan their key fob until a beep can be heard and a green light blinks. At this point the door can be opened.
- Community members should use the hand sanitizer mounted on the wall upon entering the Fitness Center.
- Community members will have no access beyond the Fitness Center in the school.
- Student-Athletes maintain priority for equipment usage in the Fitness Center.
- The radio can be turned on without removing the remote from the wall, simply push the power button and select FM if needed.
- Reedsville Public Wifi can be accessed while in the Fitness Center.
- The HVAC and Air Exchange can be initiated by pushing the button on the East wall near the hallway
- Garbages and wipes can be found on the North and South Walls in silver cylinders.
- RSD Fitness Center School Year Hours (First day of school - Last day of school):
 - Monday-Friday 5:00am-7:30am, 12:00pm-1:00pm, and 6:00pm-9:30pm
 - Saturday-Sunday 5:00am-9:30pm
- RSD Fitness Center Summer Hours
 - Monday-Friday 12:00-4:00pm, 6:00pm - 9:00pm
 - Saturday-Sunday 5:00am-9:30pm
- Key fob entries are recorded with a timestamp and video camera footage can be accessed when necessary.

General Fitness Center Rules:

- Access is for paid members only at open hours.
- Participating in any activity in the RSD Fitness Center is voluntary and individuals assume all risks when engaging in any activities in the RSD Fitness Center.
- Use of equipment is on a first-come, first-served basis. All members, students, faculty and staff are entitled to use the facility.
- All equipment must remain in the RSD Fitness Center.
- No sandals, flip flops or bare feet will be allowed. Open-toed shoes are also not permitted.
- Dress appropriately for a K-12 school environment. Keep a shirt on and undergarments covered.
- **Wipe down all machines, mats, and equipment after each use.**

- Throw away all trash including towels and empty bottles.
- Sauna suits or rubberized suits which cause excessive sweating are not permitted.
- Children under the age of 18 are not permitted in the Fitness Center unattended.
- Use of the facility while under the influence of illegal drugs or alcohol is prohibited.
- Personal training and classes are not permitted in the RSD Fitness Center.
- Video or photography in the Fitness Center is not permitted without prior approval.
- Guests are not allowed at the RSD Fitness Center.
- **Failure to comply with any of these rules may result in removal from the Fitness Center.**

Weights:

- **Return all free weights, plates and other equipment to racks or storage areas.**
- All weight training should be performed in a controlled, safe manner. Dropping, slamming or banging weights is not permitted.
- The use of chalk is prohibited.
- Weights and bars should not lean up against any equipment, mirrors, or walls.
- Be courteous of others and vacate equipment and benches between sets. Be willing to allow others to work in between sets.

Personal Conduct:

- Use of headphones or earbuds is required when listening to personal music.
- Limit phone use while on equipment to avoid injury. Pay attention to footing and machines and not your phone.
- Be respectful of other members using the facility. This is a judgment free workout zone.
- Be aware of your workout space. Try not to block mirrors or workout areas of other users.

Safety:

- If there are any issues with the equipment or machines, please email Ryan Storzer at rstorzer@reedsville.k12.wi.us
- RSD reserves the right to close the Fitness Center due to operational or safety concerns.
- Situations arising and not specifically covered by established rules shall be handled by RSD.
- RSD shall have the final and conclusive authority to enforce all rules and eject, suspend or revoke membership of any person(s) failing to observe rules or otherwise conduct themselves properly.

Personal Belongings:

- Do not leave bags or personal belongings on the gym floor.
- Reedsville School District is not responsible for lost or stolen items.
- No food is allowed in the Fitness Center. All drinks must be in a closed container. No glass containers are permitted in the Fitness Center.
- Do not change clothes in the Fitness Center.
- Bikes, skateboards and other personal transportation items must be stored outside.