

Naples Central School (NCS) District Fitness Room Rules and Guidelines

The rules and guidelines of the NCS Fitness Room have been developed to keep the facility and equipment in good condition and to assure your safety while using the Room. Use of the Fitness Room is a privilege. Before using the facilities, you must read the below rules, complete and sign page 2, **and return to the Elementary School Main Office**. Failure to comply with policies and directions governing the proper use and conduct may result in suspension from the room and its programs. If at any time you have any questions or need fitness room assistance, please report to the High School or Elementary School main offices.

1. All participants must attend an orientation session prior to using the fitness room. This orientation will cover common risks involved, proper execution of various exercises, and the proper use of equipment.
2. Those who participate in the Fitness room will be doing so at their own risk. NCS is not responsible for any injury that may occur to individuals participating in any activity. Participation in exercise activity is on a voluntary basis. Furthermore, I hereby release the Naples Central School District from any and all liability that may arise from my use of its fitness facilities
3. Wear appropriate clothing and footwear. Clothes should be non restrictive and comply with the school's dress code. You should wear shoes with enclosed toes in case you drop a weight on your feet. No jeans or sandals allowed.
4. Keep the weight room tidy. To minimize the risk of tripping and to ensure the floor areas remain clear for other users, keep the weights off the floor. Return equipment to their proper place once you have finished using them.
5. If applicable, unload barbells after exercise. As a courtesy, always strip down your barbells when you have finished your exercise and return the weights to the correct weight-place holder. Also make sure that you are using the barbell collars to secure the plates to the barbell. The weights may move during repetitions and the bar can become unbalanced which is very unsafe.
6. Do not train alone. Make sure you have a spotter on hand when performing exercises such as bench presses, free weight squats or any other exercise where there is a possibility of being crushed by a weight. Spotters need to help guide the bar on and off the rack. Don't lift the bar for the lifter unless necessary.
7. No glass or open-top containers. Drinking water or sports drinks in the weight room are permitted, but for safety reasons, no open-top or glass liquid containers should be permitted. Beverages in open-top containers can be consumed in the hall outside the fitness room. No food is allowed in the fitness room.
8. Use a sweat towel. Carry a towel with you for hygiene purposes. Wipe down machines after use using the paper towels and spray cleaner.
9. No horseplay allowed in the fitness room. Be aware of other lifters whom you are around.
10. Limit cardio equipment use to 20 minutes during peak times.
11. No inappropriate language may be used at any time.
12. Loud music may not be used. If music is necessary to work out, please use headphones or other ear pieces so you do not disturb others working out.
13. Use proper technique when lifting. Training on machines must be taken prior to use. When in doubt, seek proper instruction.
14. Use equipment for its intended use. Do not modify the equipment.
15. Immediately report all accidents, injuries and equipment failures to staff.

16. Children under 12 are not allowed in the fitness room without proper supervision from an adult.
17. In the case of a fire drill, exit the fitness room via the doors in the back of the room that lead directly to the outside. You may also bear right after exiting the fitness room doors that lead into the gym. This will lead you to doors and a vestibule on your right. Exit through these doors and turn left to exit through the outside doors to safety.
18. Efforts will be made to accommodate all users, however during periods of extremely heavy usage (ex-PE classes, athletic teams) students have priority over the equipment during classes or practice.
19. The use of chalk is not permitted.
20. No weights are allowed out of the weight room.
21. The Fitness Room reserves the right to refuse service to any person who violates any rule or regulation, or engages in any physical abuse of the Fitness Room equipment.
22. I am aware that my use of the Fitness Room shall correspond to the Elementary School Staff hours.

I have read and signed this document with full knowledge of its significance. I also assert that I have been cleared by my physician to participate in all fitness room activities.

Printed Name _____

Signed Name _____

Date _____

I have received training on the machines from someone on the list of eligible trainers below.

Printed Name _____

Signed Name _____

Date _____

Eligible Trainer List

Robert Birdsall

Tray Savard

Karen Robinson

Frank Gleichauf

Courtney Gurslin