

**Eastern Local School District
Campus Fitness Center
Rules and Regulations**

In order to ensure a safe and comfortable atmosphere for everyone, please be respectful of others and adhere to the following guidelines:

General Guidelines

- 1) Users are required to sign in each visit upon entering the Fitness Center.
- 2) All participants must wear proper attire, which includes closed-toe shoes and shirts. Shirts must stay on. Pants with belts or metal rivets and cut-off pants are not allowed. Proper attire must be worn at all times.
- 3) Food and beverages, (with the exception of water) are not permitted in the Fitness Center.
- 4) Personal music may only be played using headphones.
- 5) Members are required to pick up after themselves and discard trash and remove personal items.
- 6) Personal items, bags and other items are to be stored in a safe location. The Eastern Local School District is not responsible for lost, broken or stolen personal items.
- 7) Please wipe down each piece of weight equipment for the next user.
- 8) Please report all injuries and any equipment failures to the Athletic Office or school personnel.
- 9) Please do not touch the fitness center thermostat.
- 10) Make sure that all windows are locked and shut, lights are off, and doors are locked before exiting.
- 11) Tobacco or alcohol products are PROHIBITED.

Weight Training Equipment Guidelines

- 1) Please replace all dumbbells on the appropriate racks, in the assigned spaces when you have finished using them.
- 2) Due to the potential risk of injury, we recommend using a spotter when training with free weights.
- 3) Do not monopolize several pieces of equipment while others are waiting.
- 4) Do not drop free weights on the floor or allow weights to crash together.
- 5) Do not lift more weight than is comfortable and safe. It is strongly recommended that you are properly oriented on all of the exercise equipment, prior to beginning an exercise program.
- 6) Do not use treadmills at a higher pace than you can safely handle.
- 7) Collars are to be used at all times to secure weights on bars.
- 8) Please take care of all cardio equipment and turn each machine off when finished.

THE CENTER WILL BE CLOSED BY 9:00 EACH NIGHT

Users who do not adhere to the Campus Fitness Center rules and guidelines may have their privileges suspended or terminated. The administration and board reserves the right to refuse service to any member who violates any rule, regulation or guideline.