

## **Baltic School Fitness Center Community Use Rules**

1. The primary objective of the Baltic Fitness Center is to promote fitness and to improve the overall health and well-being of Baltic School District students and staff. Therefore, students and staff will be given priority when scheduling workout times.
2. Residents of the Baltic School District or parents of students who have open enrolled to Baltic may be allowed to use the Fitness Center, and if so, the following rules will be in place.
3. Time will be designated as “school workout time” during which only current Baltic students and staff may use the facility, and “community workout time” when fee-paying community members may use the facility along with students and staff. The school district reserves the right to adjust school/community workout times in the best interest of the Baltic School District.
4. School/community workout times are as follows:
  - School workout time (during the school year): 6:45am-5:30pm on days when school is in session.
  - Community workout time (during the school year): any time not designated as school workout time.
  - Summer school/community workout time will be determined at the beginning of each summer and adjusted as needed.
5. Prior to using the facility, community members must participate in a training session with the Baltic fitness center supervisor or designee on how to properly use the equipment.
6. Current Baltic students regardless of age, or anyone younger than 18 years of age, may not use the facility during community times unless they are directly supervised by a Baltic School staff member or by their own parent/guardian. Persons younger than 14 years of age may not use the facility during community workout times. Baltic students do not get priority on the equipment during community workout times. Baltic students or staff are not required to pay a usage fee to use the facility during community workout times.
7. Community members must sign a Participant Release and Indemnity Agreement, and an Informed Consent and Assumption of Risk Agreement before using the Fitness Center with the agreements remaining in effect until withdrawn in writing. Persons younger than 18 years old must have a Participant Release and Indemnity Agreement and an Informed Consent and Assumption of Risk Agreement signed by their parent or guardian.
8. A usage fee of \$20 per month (30 days) will be charged to all community members using the Fitness Center, with the month starting on the day the \$20 usage fee is paid. Long-term usage fees of \$55 for three months, \$100 for six months, and \$180 for 12 months are available. There will be no pro-rating or refunding of usage fees. There is a payment drop box in the fitness center.
9. At the discretion of the Baltic School administration, community members who agree to abide by the community use rules may be checked out a key fob to the facility (at a one-time cost of \$5 refundable when the key fob is returned). Those checking out a key fob will be required to complete a Key Checkout Form. When a community member pays a usage fee, they must indicate and pay for a specific period of time as outlined in #8 above. A key fob will be activated for that length of time after which it will automatically deactivate until the user submits additional user fees.
10. Loaning a key fob to a person who is not a current fee paying user of the facility will result in forfeiture of the key fob and denial of the privilege of using the facility with no refunding of usage fees.
11. Non-participants should not be in the Fitness Center at any time. For example, parents should not bring their children to the Fitness Center when they work out.
12. On occasion, Baltic School District staff may bring students into the Fitness Center during community workout times. If that occurs, the staff member is responsible for the students and equipment used on a first come first serve basis with no group having priority.

13. Damage to the facility or equipment beyond normal wear and tear will be the responsibility of the person doing the damage.
14. Baltic School District insurance does not cover accidents or injuries incurred while working out in the Fitness Center. Any costs resulting from accidents or injuries incurred while working out will be the responsibility of the injured party or their family.
15. General Rules
  - A. The Fitness Center must be kept neat and clean. All apparatus, bars and weights must be returned to their proper place. Repeated violations of these rules will result in loss of Fitness Center privileges. All weight lifting safety procedures must be followed at all times including spotters, weight belts, spring clamps, and standard weight lifting techniques.
  - B. Participants must be dressed in workout clothes including athletic shoes, and shirts must be worn at all times. No street clothes or street shoes.
  - C. Be **respectful** of others, the equipment and the facility.
  - D. Report injuries immediately to the supervisor.
  - E. Report damaged or defective equipment immediately to the supervisor.
16. The Baltic School District reserves the right to further restrict or eliminate entirely community use of the Fitness Center.
17. **Please sign below acknowledging that you have been informed of these rules and agree to abide by them.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Telephone \_\_\_\_\_

**I acknowledge that I have read the Baltic School Fitness Center Community Use Rules and I agree to abide by them. I understand that my failure to abide by the rules may result in my losing the privilege of using the Baltic School Fitness Center.**

Signature \_\_\_\_\_

Date \_\_\_\_\_