

# Wink-Loving I.S.D.



## Fitness Center Policy Handbook 2016-2017

## ACKNOWLEDGMENT

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### *Fitness Center Handbook/Electronic Distribution*

Dear Student(s), Parent(s), or Wink Resident(s):

The board of trustees has officially adopted the Fitness Center Policy Handbook in order to promote a safe and orderly fitness environment for everyone.

We urge you to read this publication thoroughly. If you have any questions about the required policy and consequences for misconduct, we encourage you to ask for an explanation from the *Fitness Center* manager.

The resident should each sign this page in the space provided below, and then return the page to the *Fitness Center* manager so you can schedule to begin your required Wink-Loving ISD *Fitness Center Orientation Training*.

Thank you.

Dewitt Smith,  
Superintendent of Schools  
Wink-Loving Independent School District

We acknowledge that we have been offered the option to receive a paper copy of the Wink-Loving I.S.D. Fitness Center Handbook for the 2016–2017 school year or to electronically access it on the district’s Web site at [www.wlisd.net](http://www.wlisd.net). We understand that resident/member will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in the Policy Handbook.

We have chosen to:

- Accept responsibility for accessing the WLISD Fitness Center Policy Handbook on the district’s Web site.
- Receive a paper copy of the WLISD Fitness Center Policy Handbook

Print name of Resident: \_\_\_\_\_

Signature of Resident: \_\_\_\_\_

Date: \_\_\_\_\_

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## **FITNESS CENTER HANDBOOK PURPOSE**

### **Purpose**

The Fitness Center Handbook is the district's response to the day-to-day operations of running a high-quality health and wellness Fitness Center.

This Fitness Center Policy Handbook has been adopted by the Wink-Loving ISD Board of Trustees and developed with the advice of the district-level committee. This Handbook provides information to residents regarding standards of conduct, consequences of misconduct, and procedures regarding the Fitness Center operational system.

The Fitness Center Policy Handbook shall be posted at the Fitness Center and shall be available for review at the Central Administration Building. Additionally, the Fitness Center Policy Handbook shall be posted on the district's Web site.

Because the Fitness Center Policy Handbook is adopted by the district's board of trustees, it has the force of policy; therefore, in case of student conflict the Code shall prevail.

### **School District Authority and Jurisdiction**

The Fitness Center is the property of the Wink-Loving Independent School District. As such, school rules and the authority of the district to administer oversight are reserved to the District. The Wink-Loving Independent School District allows resident access to the Fitness Center as a privilege—subsequently, WLISD has full authority and jurisdiction over any and all Fitness Center matters

## **CRIMINAL HISTORY/BACKGROUND CHECKS**

Wink-Loving Independent School District requires all visitors to check-in through the *Fitness Center* office and present a valid Texas drivers license for a criminal history/background check each time they visit the *Fitness Center*. WLISD utilizes a visitor management system for all facilities which screens visitors for criminal offenses in an effort to insure that our facilities are safe for our students and community members. Our management system instantly screens out registered sex offenders, felons, and alerts us to other criminal records that present and/or are considered "high-risk" to our students. Please be advised that the Superintendent of School has the ultimate authority relative to security alerts—the Superintendent decisions are considered final in regards to "high-risk" alerts.

## FACILITY USE OVERVIEW

To ensure the safety of all members and guests, the Wink-Loving Independent School District has taken care to enact the following facility use guidelines.

### Child and Youth Access

- Children age 9 and under must be under the direct supervision of a person age 18 or older.
- Children age 10 and above may use the facility, as well as the pool, unsupervised as long as they do so in a responsible manner.
- All youth 12-15 years of age have various opportunities to utilize the fitness rooms and classes given certain guidelines and instruction (see [Youth Fitness Policy](#)).
- Youth ages 16 and up have full privilege for facility use.

### Locker Rooms

Two locker rooms are available for use by all ages including both men's and women's locker rooms. The locker rooms have access to the natatorium, whirlpool, and sauna. No electronic devices, including cell phones, are to be used inside the locker rooms, restrooms, and/or within the pool, sauna, and whirlpool areas. WLISD is not responsible for lost, stolen or damaged items; please secure all your items while using the *Fitness Center* facilities.

### Proper Attire and Shoes

The WLISD Fitness Center is a "Family Friendly" facility. Appropriate shirts, shorts and shoes are to be worn in the building at all times. Swimming apparel is required and restricted to the pool area, sauna and whirlpool. Revealing swimwear such as "string bikinis" or "Speedo" type swim trunks are not allowed. Non-marking shoes are to be worn in the gyms, racquetball courts and fitness areas. The Fitness Center manager will determine the appropriateness of the attire worn at the Fitness Center. Please be advised that the Fitness Center manager's decisions are considered final in regards to appropriateness.

### Lost and Found

The WLISD is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Our lost and found items can be accessed by speaking with the Fitness Center manager. All items found in the WLISD will be kept for at least 30 days before being recycled for charitable purposes.

### Accidents, Injuries

All cases of accident, injury or unusual incidents should be reported to a staff person on duty or to the front desk. The WLISD assumes no responsibility for injuries incurred while participating in WLISD Fitness Center facilities.

## Parking

All parking lots are the property of and maintained by the WLISD. Parking is provided in the lot(s) east and north of the WLISD Fitness Center free of charge. The WLISD makes every effort to keep the *Fitness Center* parking lots secure. However, as a precaution, please secure your vehicle and/or any valuables before entering the Fitness Center as the WLISD is not responsible for any lost, damaged, or stolen property.

## Weapons, Tobacco, Drug, and Alcohol on School Property

WLISD facilities and grounds are smoke-free, gun-free, drug-free and alcohol-free environments.

Under Federal Law, it is a violation to bringing to school property a firearm, as defined by federal law. “Firearm” under federal law includes:

- Any weapon (including a starter gun) that will, is designed to, or may readily be converted to expel a projectile by the action of an explosive.
- The frame or receiver of any such weapon.
- Any firearm muffler or firearm weapon.
- Any destructive device, such as any explosive, incendiary or poison gas bomb, or grenade.

### ***Under the Texas Penal Code***

Under Texas Penal Code, it is a violation to use, exhibit, or possess the following, as defined by the Texas Penal Code:

- A firearm (any device designed, made, or adapted to expel a projectile through a barrel by using the energy generated by an explosion or burning substance or any device readily convertible to that use), unless the use, exhibition, or possession of the firearm occurs at an off-campus approved target range facility while participating in or preparing for a school-sponsored shooting sports competition or a shooting sports educational activity that is sponsored or supported by the Parks and Wildlife Department or a shooting sports sanctioning organization working with the department.
- An illegal knife, such as a knife with a blade over 5½ inches; hand instrument, designed to cut or stab another by being thrown; dagger, including but not limited to a dirk, stiletto, and poniard; bowie knife; sword; or spear.
- A club (see glossary) such as an instrument specially designed, made, or adapted for the purpose of inflicting serious bodily injury or death by striking a person with the instrument, including a blackjack, nightstick, mace, and tomahawk.

Under Texas Penal Code, it is a violation to use, possess, or distribute tobacco on school grounds. The district and its staff strictly enforce prohibitions against the use of tobacco products by students and others on school property and at school-sponsored and school-related

activities including *Fitness Center* use. [See the Student Code of Conduct and policies at FNCD and GKA.]

## **Towel Service**

Weight room towels are provided for use by members and guests and may be obtained at the Welcome Center. Please assist our staff by depositing soiled towels in the bins located in the weight room. Towels are not to be taken out of the weight room.

## **Parties and Facility Rentals**

The WLISD *Fitness Center* facilities are not available to rent for groups such as birthday parties or overnight lock-ins for church/civic and/or youth groups.

## **Inclement Weather Policy**

The WLISD makes every effort possible to keep the *Fitness Center* and its programs running during periods of inclement weather. Closing decisions are based on weather alerts, road and school closings, and the ability of WLISD staff to get to and from the *Fitness Center* and operate the facility safely. In case of closing or early closing, the WLISD will make every effort to post this information on the home page of our website. Generally speaking the *Fitness Center* follows the Wink-Loving Independent School District closings. When weather is questionable, it's best to call ahead.

## **CODE OF CONDUCT**

The Wink-Loving Independent School District Fitness Center is committed to providing a safe and welcoming environment for all Wink residents and WLISD students. To promote safety and comfort, the WLISD asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs.

We expect persons using the WLISD to act maturely, to behave responsibly, and to respect the rights and dignity of others. The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are strictly prohibited in our facilities or programs:

- No electronic devices to be used in locker rooms, restrooms, and/or the pool/sauna/hot tube areas (cell phones, cameras, etc.)
- Using or possessing tobacco, alcohol or illegal drugs on WLISD property, in WLISD vehicles or facilities, or at WLISD-sponsored programs
- Smoking on WLISD property – all of our WLISD buildings and grounds are tobacco/smoke-free environments
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way



- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft
- Loitering within facilities or on the grounds of the WLISD after being requested to depart the WLISD's property
- Use of social networking websites in a manner that is contrary to the WLISD's mission, is detrimental to the community or is in violation of the law.

In addition, the WLISD reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, or is currently under the influence of illegal or dangerous drugs or chemicals, narcotics, or intoxicating beverages. Additionally, the WLISD reserves the right to deny access or membership to any person convicted of a felony.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty. Suspension or termination of WLISD membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

## **Youth Fitness Policy**

All youths 12-15 years old must complete the *Wildcat Teen Strength Training* class or Equipment Orientation and pass the Teen Strength Training test in order to use the Cardio and Weight Room facilities. Youths that complete the requirement will then have a card at the front desk on file signifying that they have done so.

Youths 12 years of age may workout but must be supervised by a parent or guardian at all times.

Youths 13-15 years of age may workout in the facility without a parent or guardian present.

Youths age 16 and over have full privilege for facility usage, including fitness classes.

Youths 5 to 11 years of age may only workout under the direct supervision of an authorized school employee.

Proper etiquette and respect for equipment and the facility should be exhibited at all times. Misconduct may result in the loss of privileges and or WLISD membership.

## **FITNESS CENTER POLICIES**

The following policies regarding the use of the fitness center are geared towards keeping everyone safe and ensuring a clean, accessible, and healthy atmosphere for all members and guests.

### **Conduct and Etiquette**

Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed. Please follow the Y values of Caring, Honesty, Respect and Responsibility to govern behavior. Consult our [Code of Conduct](#) for a more detailed description.

### **Cardio Time Limit**

During busy times or when people are waiting, please limit use of the cardio equipment to 30 minutes.

### **Rack Your Weights**

As a courtesy, when using free weights (or other movable equipment) please return them to their proper place at the end of your workout, making sure to strip bars and return plates to storage racks. All dumbbell weights must be returned to the racks and placed in numeric order and with the number facing up so that they are visible.

### **Proper Attire & Hygiene**

Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate in a family environment allowed. Shirts and tennis shoes must be worn at all times in the weight room. Non-marking, closed toe athletic shoes must be worn in all fitness areas. Open toed shoes are not permissible in the weight room (i.e. flip-flops, sandals, slippers, etc.). Please be courteous to others by observing proper regular hygiene and limiting use of perfumed sprays.

### **Wipe Down Equipment**

Members must wipe down equipment with towels/paper towels when finished including the use of disinfectant spray. Cleaning spray and towels/paper towels are provided in both the weight and cardio rooms.

### **Report Equipment Malfunctions & Injuries**

Fitness center participants should report all equipment malfunctions, personal injuries and specific concerns immediately to the staff.

## **Circuits and Linger on Equipment**

If you intend to perform more than one set of repetitions on a machine, please allow others to work in between your sets. Do not sit on the equipment and rest between sets as others may want to work in between sets. Be careful not to interfere with another's workout by lingering too long on any one piece of equipment.

## **Age Guidelines**

Members and guests age 16 and older are permitted full use of the Fitness Center. For youth under age 16, please see [Youth Fitness Policy](#).

## **Food**

Closed water bottles are allowed. No food, drinks, or gum permitted in any fitness area.

## **Radio/TV Monitors**

Please do not touch the Radio/TV monitors or the controls on the Radio/TV monitors. Please do not adjust the volume on the Radio/TV monitors.

## **Gym Bags**

For your safety, store personal items including gym bags, purses, extra clothing, etc. in the locker rooms. For information regarding our locker rooms, see our [Facility Use Guidelines](#).

## **Fitness Center Orientations**

To ensure the safety of all members and guests, the Wink-Loving Independent School District Fitness Center requires that all members participate in a Fitness Center Policies and [Equipment Orientation](#) prior to using the Fitness Center facilities.

## **Personal Trainers**

The WLISD does not offer or endorse personal trainers and/or [Personal Training](#) for our facility members and guests.

## **POOL FACILITIES USE**

To ensure the safety of all members and guests, the Wink-Loving Independent School District Fitness Center has taken care to enact the following facility use guidelines.

## Child and Youth Access to the Pool

- Children age 9 and under must be under the direct supervision of a person age 18 or older.
- Children age 10 and above may use the pool as long as they do so in a responsible manner and follow all life guard instructions.
- All youth 12-15 years of age have various opportunities to utilize the fitness rooms and the pool given certain guidelines and instruction (see [Youth Fitness Policy](#)).
- Youth ages 16 and up have full privilege for facility use.

## Locker Rooms

Two locker rooms are available for use. The adult locker rooms for individuals 18 and older have access to the whirlpool and sauna. The main locker rooms are for all ages and access the pool area. No electronic devices to be used in locker rooms, restrooms, and/or the pool/sauna/hot tube areas (cell phones, cameras, etc.) WLISD is not responsible for lost, stolen or damaged items; please secure your items in a locker. A personal lock can be brought in and used on a daily basis. Locks remaining overnight will be removed/cut off. If you have questions regarding locker use, please contact the *Fitness Center* manager at the Welcome Center for more information.

## Proper Attire and Shoes

Appropriate shirts, shorts and shoes are to be worn in the building at all times. Swimming apparel is required and restricted to the pool area, sauna and whirlpool. Non-marking shoes are to be worn in the gyms, racquetball courts, and fitness areas.

## Lost and Found

The WLISD is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Our lost and found items can be accessed by speaking with the Fitness Center manager. All items found in the WLISD will be kept for at least 30 days before being recycled for charitable purposes.

## Accidents, Injuries

All cases of accident, injury or unusual incidents should be reported to a staff person on duty or to the front desk. The WLISD assumes no responsibility for injuries incurred while participating in WLISD activities.

## **POOL RULES AND POLICIES**

The following rules have been carefully considered and help to preserve everyone's health and safety and secure appropriate behavior for a family environment.

### **Pool Rules**

- Soap showers are required before swimming
- No running on pool deck
- No wild or dangerous play allowed
- No floatation devices allowed in the deep end of the pool
- No diving in the shallow end of the pool
- No food or beverages allowed in the pool area
- Starting blocks are for swim team use only
- Lifeguard has authority to implement special rules if necessary

Lifeguards are the final authority on all pool safety rules!

Parents or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency.

Children must be at least 10 years old and able to swim the length of the pool in order to use the pool without parent/guardian supervision.

Swimming apparel is required. The WLISD Fitness Center is a "Family Friendly" facility. Swimming apparel is required and restricted to the pool area, sauna and whirlpool. Revealing swimwear such as "string bikinis", "spandex", or "Speedo" type swim wear is not allowed. The Fitness Center manager will determine the appropriateness of the attire worn at the Fitness Center. Please be advised that the Fitness Center manager's decisions are considered final in regards to appropriateness.

Swimmers with open sores, rashes or infectious disease are asked to refrain from using the pool.

Children who are not toilet trained are required to wear swim diapers or rubber pants when in the pool.

The schedule for programmed and open swimming is updated periodically and can be found posted at the Welcome Center and/or the WLISD website. Please note that during "open swim," a lap lane remains open for those members who would like to swim laps.

## WEIGHT ROOM RULES, POLICIES, AND PRO PROCEDURES

- Patrons are required to perform all lifts/dumbbell lifts on the platforms.
- Patrons are required to place, not drop, all lifts/dumbbells on the rubber portion of the platforms in between sets.
- Patrons who violate lift/dumbbell lifting procedures by performing lifts/dumbbell lifts outside the platforms and/or drop weights on any weight room surface may result in loss of *Fitness Center* privileges.
- Patrons are required to re-rack weights, plates, and dumbbells in appropriate racks in numeric order and with the number facing up/out so that they are visible for the next person. Please do not overstock racks.
- Weights are not to be stood on, or leaned against walls, pillars, equipment, or mirrors. Weights should not be dropped; Olympic lifts should be performed with a controlled deceleration on the lifting platforms with bumper plates.
- Walls/mirrors are not to be used touched. Patrons should refrain from leaning on walls/mirrors or utilizing walls/mirrors during exercise (i.e. preacher seats, etc.)
- The use of safety stop clips is strongly encouraged while using treadmills.
- Towels must be placed between the equipment pads and the person using equipment if/when skin touches the equipment pads.
- Patrons should use extreme caution when lifting weights to avoid potential injury to themselves or others. Top loading additional weights onto weight stack machines is unsafe and is prohibited.
- Patrons are encouraged to ask fitness staff for help adjusting equipment, for a spot or for general questions.
- Spring collars should be used with all bars in free weight lifting.
- Weight-lifting hand chalk is not permitted in the *Fitness Center*.
- Patrons must sign-up at the fitness desk when using any piece of cardiovascular equipment. Maximum sign-up time is 30 minutes.
- To avoid congestion and waiting lines, patrons should allow others to “work in” while using weight equipment. Please use courtesy and consideration for others when using weight equipment.
- No alcoholic beverages or food allowed. Water must be in a closed, non-glass, no leak container.
- Machines and mats should be wiped down after use. Cleaning supplies are available on the fitness floor and should be returned to bins after use.
- Patrons with excessive body odor will be asked to correct the problem immediately. If this condition persists, the patron will be asked to leave the facility.
- No personal belongings are allowed on fitness floor. Please use lockers provided. Staff members are not responsible for lost or stolen items. (See page 6 for lost and found procedures)

## **MEMBERSHIP RESTRICTIONS AND REQUIRMENTS**

### **Resident Pass Policy**

The Fitness Center is the property of Wink-Loving Independent School District, as such; WLISD is a district and community privilege. Our first priority is to serve the students of the Wink-Loving Independent School District. All student events/activities will take precedence over any other activity/schedule. The WLISD Fitness Center access is restricted to:

1. WLISD students (Student ID Proof Required)
2. Wink Residence (Drivers License Proof Required)
3. Mentone Residence (Drivers License Proof Required)
4. Wink PD and Winkler/Loving County Sheriff's Officers—Other Law Enforcement/PD Officers Considered Upon Request (Drivers License and Badge Required)
5. Parents/Guardians of WLISD students (Drivers License/Student ID Proof/Approved Transfer Papers Required)
6. Alumni (Drivers License and Graduation Proof Required)

### **Guest Pass Policy**

The purpose behind our resident guest policy is to make reasonable accommodations for out-of-town family and visitors of our resident members.

### **Guests of Current WLISD Members**

All Current WLISD Members are allowed 3 guests. Guest names are now recorded for each member at the *Fitness Center* office. After the 3 guest visits, additional guests are considered on a case-by case basis only upon receipt of written notice. Upon receipt of written request, authorized school personnel, including the Superintendent of Schools, High School Principal, and/or the Director of Operations, will review and rule on each request on a case-by-case basis.

### **One-Time Complimentary Guest Pass**

A one-time complimentary guest pass are available only for those who have a serious interest in joining the WLISD community, but would first like to sample the facilities. We invite guests to receive a tour, during which a complimentary guest pass would be provided. The one-time complimentary guest pass can only be issued by the following authorized school personnel including: The Superintendent of Schools, High School Principal, and/or the Director of Operations.

## **Guest Restrictions**

- Guest must be accompanied by the WLISD member during their visit
- Anyone caught sneaking a guest in will have their membership revoked
- Member is responsible for the behavior of their guests
- Guest must provide valid photo identification (driver's license or school I.D.).
- Guest must register at the Welcome Center and sign the Guest Waiver for using the facility
- Youth Guests (ages 9 & under) must have an adult (age 16 or older) remain at the WLISD with the youth guest at all times, provide their signature with the Guest Waiver
- Guests must adhere to all WLISD policies and usage guidelines

## **FINAL NOTE**

It is not feasible for every situation to be covered in the Fitness Center Policy Handbook. The fact that a particular issue, topic, or situation is not listed does not mean we will not consider the issue, topic, or situation as it arises and make decisions accordingly. We realize that, over time, change can occur relative to many things including grooming trends, fitness equipment, and that from time to time, extenuating circumstances may arise. The Superintendent of Schools or designee has the right to consider any change in trends or extenuating circumstance on a case by cases basis. In all cases relative to the Fitness Center, the final decision rests with the Superintendent of Schools or designee.



## ACKNOWLEDGMENT FORM

### *Fitness Center Handbook/Electronic Distribution*

Dear Student(s), Parent(s), or Wink Resident(s):

The board of trustees has officially adopted the Fitness Center Policy Handbook in order to promote a safe and orderly fitness environment for everyone.

We urge you to read this publication thoroughly. If you have any questions about the required policy and consequences for misconduct, we encourage you to ask for an explanation from the *Fitness Center* manager.

The resident should each sign this page in the space provided below, and then return the page to the *Fitness Center* manager so you can schedule to begin your required Wink-Loving ISD *Fitness Center Orientation Training*.

Thank you.

Dewitt Smith,  
Superintendent of Schools  
Wink-Loving Independent School District

We acknowledge that we have been offered the option to receive a paper copy of the Wink-Loving I.S.D. Fitness Center Handbook for the 2016–2017 school year or to electronically access it on the district’s Web site at [www.wlisd.net](http://www.wlisd.net). We understand that resident/member will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in the Policy Handbook.

We have chosen to:

- Accept responsibility for accessing the WLISD Fitness Center Policy Handbook on the district’s Web site.
- Receive a paper copy of the WLISD Fitness Center Policy Handbook

Print name of Resident: \_\_\_\_\_

Signature of Resident: \_\_\_\_\_

Date: \_\_\_\_\_

## **WINK-LOVING ISD FITNESS CENTER WAIVER & RELEASE OF LIABILITY: NON-EMPLOYEE WAIVER**

In consideration of my use of the exercise equipment, pool, and facilities provided by the Wink-Loving Independent School District, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the Wink-Loving Independent School District and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the Wink-Loving Independent School District. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me or my guest, and I hereby fully and forever release and discharge the Wink-Loving Independent School District, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold the Wink-Loving Independent School District harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest. I agree to be solely responsible for safety and well being of my guest and myself. I understand that the Wink-Loving Independent School District is not responsible provide supervision, instruction, or assistance for the use of the weight room equipment.

I agree to comply with all rules imposed by the Wink-Loving Independent School District regarding the use of the facilities, pool, and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.

I understand and acknowledge that the use of exercise equipment and pool involves risk of serious injury, including permanent disability and death. I understand and agree that the Wink-Loving Independent School District is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

**I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.**

**Date:** \_\_\_\_\_

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

**Print Name:** \_\_\_\_\_

## **WINK-LOVING ISD FITNESS CENTER WAIVER & RELEASE OF LIABILITY: EMPLOYEE WAIVER**

In consideration of my use of the exercise equipment, pool, and facilities provided by the Wink-Loving Independent School District, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the Wink-Loving Independent School District and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the Wink-Loving Independent School District. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me or my guest, and I hereby fully and forever release and discharge the Wink-Loving Independent School District, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold the Wink-Loving Independent School District harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest.

I agree to be solely responsible for safety and well being of my guest and myself. I understand that the Wink-Loving Independent School District is not responsible provide supervision, instruction, or assistance for the use of the weight room equipment.

I agree to comply with all rules imposed by the Wink-Loving Independent School District regarding the use of the facilities, pool, and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.

I understand and acknowledge that the use of exercise equipment and pool involves risk of serious injury, including permanent disability and death. I understand and agree that the Wink-Loving Independent School District is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

As a Wink-Loving ISD employee, I understand and agree that my use of the facilities and equipment is only to be undertaken on my own personal time, and that my use of the facilities and equipment is not within the course or scope of my employment.

**I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.**

Date: \_\_\_\_\_

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

Print Name: \_\_\_\_\_