



**KESHEQUA CENTRAL SCHOOL
DISTRICT**

FITNESS ROOM

WHERE IS THE FITNESS ROOM LOCATED?

In the Keshequa Junior/Senior High School across from the middle school locker rooms and the gym

WHO IS ELIGIBLE?

Keshequa Central School District students, faculty/staff and their immediate family members over the age of 12 and adult district residents. Students ages 12-18 need to be accompanied by an adult.

WHAT IS THE FEE?

No fee

WHAT ARE THE HOURS?

Hours of operation for students are subject to the availability of the supervisor and/or scheduling changes. The fitness room is closed on Saturdays, Sundays, Legal Holidays, School Vacation Days, select special events, any school maintenance shutdowns and emergency closings.

WHAT TYPE OF EQUIPMENT IS AVAILABLE?

The fitness room has a cardiovascular area, which may be used to improve, maintain or enhance cardiovascular fitness. It is equipped with treadmills, stair-climbers, and recumbent bikes. The cardiovascular equipment is designed for use by people of varying fitness levels from beginner to advanced. Circuit training and utilizing a full circuit of hammer strength and life fitness machines are also available. These machines are effective for training all the major muscle groups of the body and utilizing exercises that are common to training programs for beginners to elite athletes. There is also a free weight area with a full range of weights, benches and equipment for those who prefer to do strength training with this type of equipment.

HOW CAN I BECOME A PARTICIPANT?

1. You must complete and return the Informed Consent/Assumption of Risk Agreement to the athletic director before gaining access to the fitness room:

GENERAL FITNESS ROOM GUIDELINES

1. There is NO FOOD, DRINK OR GUM at any time in the fitness room. Water bottles are acceptable.
2. Personal belongings should be kept outside of the fitness room. We are not responsible for lost or stolen items.
3. Proper exercise attire must be worn. This includes: shorts (sweats), T-shirt, socks and sneakers. All jewelry must be removed before starting.
4. All participants should have a TOWEL to wipe down equipment after use.
5. No horseplay.
6. Proper warmup and stretching before workout is necessary.
7. Use equipment properly.
8. Make sure sneakers are not wet or muddy.
9. Notify supervisor if equipment is in need of repair.
10. Each participant should keep a workout chart to monitor progress.

FREE WEIGHT AREA

1. Always use spotters.
2. Make sure collars are secure.
3. Do not drop weights on the floor or lean plates against wall or machines. Remove all plates from bars and place on storage racks when finished.
4. Place all dumbbells on proper storage racks.
5. Wipe down equipment when finished.

MACHINE AREA

1. Make sure pins are securely in place before lifting.
2. Keep hands and loose clothing away from weight stacks, cables and pulleys.
3. Do not bang weight stacks.
4. Multiple set users must yield the right of way to individuals completing a circuit.
5. Wipe down equipment when finished.

CARDIO AREA

1. Warm up properly before beginning an aerobic workout
2. 20 minute time limit when people are waiting.
3. Wipe down equipment when finished.

SAFETY

1. Fitness equipment is NOT to be used without the supervision of a properly trained fitness room staff member.
2. All rules and regulations listed above are to be followed.
3. Abuse of rules and regulations will result in denial of fitness room privileges.
4. Only people exercising will be allowed in the fitness room.
5. Do not use equipment that is broken.
6. Report any damage to the supervisor on duty.
7. Report any injuries immediately to the supervisor on duty.

CLEAN UP AT THE CONCLUSION OF SESSION

1. Return all free weight plates and dumbbells to proper storage racks. Do not leave plates on bars, power racks, smith machines, floor or leaning against equipment or walls.
2. Do not move equipment. All equipment is placed in a specific place for a reason.
3. Please check the cables, plates and other areas for damage.
4. Respect the equipment, do not abuse it.

KESHEQUA CENTRAL SCHOOL DISTRICT INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

NAME: _____

PHONE: _____

ADDRESS: _____

EMERGENCY CONTACT: _____

EMERGENCY CONTACT PHONE: _____

As a condition of using the Keshequa Central School District's Fitness Room, I acknowledge that I have read this form, understand it, and agree to its terms and conditions.

1. I hereby acknowledge that I will be solely responsible for monitoring the manner and intensity of my use of the fitness room's equipment and exercise program, and will do so in a way which will not jeopardize my health, safety or physical well being, or the health, safety or well being of other fitness room users.
2. I agree to follow all directions of the fitness room supervisor and acknowledge that failure to follow such directions may result in the termination of my privilege to use the fitness room.
3. I understand that the supervision of the fitness room provided by the district is general in nature and the fitness room supervisor is not responsible for supervising or monitoring the manner or intensity of my use of the equipment or participation in exercise activities.
4. I hereby acknowledge that my use of the District's fitness room involves risks including possible injuries to bones, muscles, tendons and ligaments, dehydration, abnormal blood pressure, fainting and heart disorders (including heart attacks). Based on the foregoing, I assume all risks associated with my use of the District's fitness room.
5. I hereby release the Keshequa Central School District, its Board of Education, in both their corporate and individual capacities its employees and supervisors for all claims (of any nature) relating to my use of the District's fitness room, including, but not limited to claims for personal injury or death, and damage to or loss of personal items.

User's Signature

Date

If the user is under the age of 18, the user's parent or guardian must also sign this form as acknowledgement and acceptance of the terms and conditions set forth herein on behalf of the user.

Signature of user's Parent/Guardian

Date