

GUIDELINES/AGREEMENT FOR USE OF U.S.D. 388 WEIGHTROOM

We are glad the school district's facilities are here for our community. Please look through the information given to you so that you will know our expectations and your obligations. If you have questions about usage, please contact the superintendent at 726-4281.

PLEASE READ CAREFULLY AND COMPLY WITH THE FOLLOWING GUIDELINES

1. **HOURS:** School Year: 5:00 am – 6:30 am & 4:30 pm – 12:00 am
 Summer: 5:00 am – 6:30 am & 12:00 pm – 12:00 am
 Weekends: 5:00 am – 12:00 am
2. **Membership:**
 - a. USD 388 students lift free and MUST be with a teacher/coach/paid adult family member or legal guardian.
 - b. You must be 18 years of age and/or a high school graduate to use the facilities unsupervised and to purchase a membership (no guests).
 - c. High school graduates may lift with teams for free during first summer following graduation.
3. Only paid members are allowed in the weight room. Anyone caught bringing non-paid individuals into the weight room will receive a warning on the 1st offense, a 6 month suspension for a 2nd offense, and will be banned from the facility on the 3rd offense. Students who are in the weight room without supervision will also be subject to suspension from the use of the weight room as deemed appropriate by the principal or superintendent.
4. It is the responsible person's obligation to leave the room in the same condition in which it was found. This includes returning all weights back to their proper place of storage and all other equipment back to its original place (e.g. if you move a conditioning box or a weight bar etc., you MUST return it to its original place.)
5. Notify the superintendent immediately if there are any problems or accidents. Please note that security cameras are on site to monitor safety and any incidents.
6. The school district is not responsible for items left, lost, or stolen.
7. **REMEMBER TO LOCK AND SECURE ALL DOORS AND WINDOWS AND TURN OFF THE LIGHTS.**
8. Payment for damages that occur while the building is being used will be the responsibility of the member including materials and labor.
9. School district use of the facility takes priority over any other organized scheduled activity.
10. There will be **no** smoking, chewing tobacco, drinking of alcoholic beverages or disorderly conduct permitted within the building or on the school grounds.
11. Using the weight room facilities and equipment for a commercial business for personal gain is prohibited and is subject to suspension and or ban from the facilities.
12. Non-compliance and/or abuse of these guidelines will result in not being able to use USD 388 facilities in the future by the responsible person (e.g. if the door is left unlocked, equipment not returned to the original place, trash or other materials strewn around). The responsible person will be suspended from further use of the weight room for no less than 30 calendar days for the first offense. Any violations after the first offense will result in suspension from using the weight room for not less than one year from date of violation by the superintendent. If the first offense is serious enough, then suspension may be lengthened as deemed appropriate by the superintendent.
13. We have moved to an electronic system. A new form must be filled out, a PIN number must be documented and the fee of \$120.00 every 6 months or \$240 per year must be paid. Payments will be pro rated at \$20 per month with payments being due on or before January and July 10th to avoid deactivating the members pin code.

14. I understand that use of the weights, lifting, and other physical training equipment can cause injury, including, but not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death. I affirm that I am physically fit, have consulted with appropriate medical professionals, if necessary, do not suffer from any known disability or condition which would prevent or limit my use of U.S.D. 388 equipment and facilities, and have obtained training or instruction to limit my exposure to the risk of injury or death. I voluntarily assume all risk associated with use of U.S.D. 388 equipment and facilities. I agree to assume the full cost of any medical treatment, including transportation costs for air or ground transportation, I incur due to any injury I may suffer due to my use of U.S.D. 388 equipment and facilities. I hereby agree to release, hold harmless and indemnify Unified School District No. 388, Ellis County, Kansas of any and all liability, claims, demands, causes of action and/or costs, including reasonable attorney's fees, due to any injury or injuries of any kind that may result from my use of U.S.D. 388 equipment and facilities."
15. I, THE UNDERSIGNED, am at least eighteen (18) years of age and/or a U.S.D. 388 high school graduate, agree to comply with and follow all terms and conditions set forth in the GUIDELINES/AGREEMENT FOR USE OF U.S.D. 388 WEIGHT ROOM, and pay all appropriate fees for the privilege of using the U.S.D. 388 equipment and facilities."

Responsible Person

Date

Address

Phone

City, State Zip

Email Address: _____

Person ID Number: _____