

SOUTH O'BRIEN FITNESS CENTER

FITNESS CENTER MEMBERSHIP APPLICATION

1. Read and agree to all guidelines and rules outlined on this document.
2. Visit Central Office to fill out an application & Hold Harmless Agreement.
3. Pay annual (June-July) membership dues. Exact cash or check only.
 - a. \$180 -Single Membership
 - b. \$300 -Family Membership
 - i. Includes spouse and children ages 13-22.
4. Hours of operation.
 - a. Monday – Friday | 4:00am-7:00am, 5:45pm-10:00pm
 - b. Weekends | 4:00am-8:00pm

FITNESS CENTER GUIDELINES

1. **Fitness Center Access and Scheduling.**
 - a. The Fitness Center is available for use only during designated hours and subject to availability.
 - b. Access is strictly limited to the Fitness Center area. Users may not enter other parts of the school building.
 - c. The District reserves the right to restrict, reschedule, suspend, or permanently revoke access or membership privileges at any time, with or without cause or notice, at the District's sole discretion.
2. **Equipment Use and Responsibility.**
 - a. Users must use equipment safely and responsibly, following manufacturer guidelines.
 - b. Dropping weights or misuse of equipment is strictly prohibited.
 - c. Users and listed household members assume financial liability for any damage caused to the equipment or Fitness Center.
 - d. All equipment must be returned to its designated location after use.
 - e. No Fitness Center equipment or property may be altered, moved, or rearranged without prior written approval from the District.
3. **Assumption of Risk.**
 - a. The Fitness Center is unsupervised. Use of the Fitness Center and its equipment is at the User's sole risk.
 - b. Users are strongly advised to consult a physician before starting any fitness regimen.

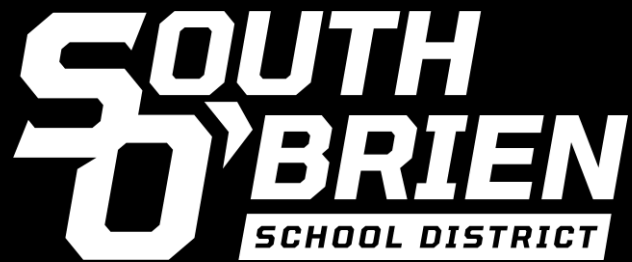
Central Office
218 W Groesbeck
PO Box 638
Paullina, IA 51046
712.949.2115

JH-HS Office
300 W Greene St
PO Box 638
Paullina, IA 51046
712.949.3454

Elem Office
155 3rd ST NE
PO Box P
Primghar, IA 51245
712.957.3755

Superintendent	JH-HS Principal	Elem Principal
Wade Riley	Denise Phillips	Jean Steen

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- c. The District shall not be liable for any injuries, accidents, or medical emergencies that occur on premises.
4. **Cleanliness and Hygiene.**
 - a. Users are required to clean all equipment after each use with provided disinfectant wipes.
 - b. Users must maintain a clean and sanitary workout environment.
5. **Attire and Prohibited Items.**
 - a. Proper, clean athletic attire and closed-toe athletic shoes must be worn at all times.
 - b. No chalk, powder, or similar substances are allowed.
 - c. No food or open containers are permitted. Only water in sealed, spill-proof bottles is allowed.
6. **Age Restrictions.**
 - a. Children under 13 are not permitted.
 - b. Children Ages 13–17 must be accompanied and actively supervised by a parent or guardian at all times.
7. **Conduct Expectations.**
 - a. Users must behave respectfully and courteously toward others and District property.
 - b. Disorderly, disruptive, or unsafe conduct will result in suspension or revocation of access privileges.
8. **Prohibited Substances and Other Items.**
 - a. Alcohol, drugs, controlled substances, drug paraphernalia, and look-alike substances are strictly forbidden.
 - b. Smoking, vaping, and the use of tobacco or nicotine products are not permitted on District property.
 - c. No firearms are allowed on District property
9. **Animals.**
 - a. Animals are generally not allowed.
 - b. Service animals are permitted as required by law. Emotional support animals must receive prior written approval from the District.
10. **Personal Belongings.**
 - a. All personal items must be removed immediately after use.
 - b. The District is not responsible for lost, stolen, or damaged personal property.
11. **Key Card Access.**
 - a. Approved Users will receive a key card for entry.
 - b. Key cards:
 1. Are non-transferable.

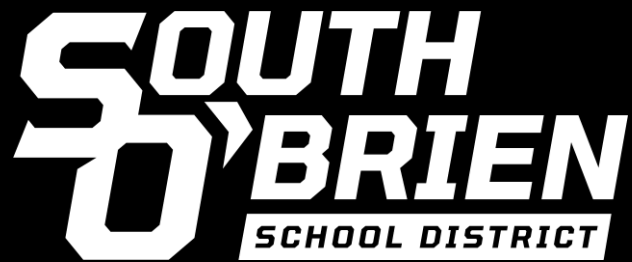
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2. May only be used by the approved individual and household members listed above.
3. Must be reported immediately if lost, stolen, or damaged.
4. May be subject to a replacement fee.
5. Misuse or unauthorized access will result in revocation of privileges.

12. Liability Waiver.

- a. User acknowledges and accepts all risks associated with using the Fitness Center.
- b. The District disclaims all liability for injuries or medical conditions arising from use.
- c. User agrees to indemnify, defend, and hold harmless the South O'Brien Community School District, its Board, employees, agents, and volunteers against any claims, liabilities, or damages arising from Fitness Center use.

13. Certification.

- a. User certifies that they are not a registered sex offender convicted of a sex offense against a minor, in accordance with Iowa Code § 692A.113.

FITNESS CENTER RULES OF USAGE

- Use all equipment in a safe and appropriate manner.
- Do not drop weights.
- Return all weight equipment to its proper storage area after use.
- Wipe down all machines and free weights with disinfectant cloths after use.
- Proper, clean, closed-toe footwear is required at all times.
- Wear clean, appropriate athletic clothing.
- The use of chalk or other powders is strictly prohibited.
- Only water is permitted; no food or other beverages.
- Do not enter other areas of the school building.
- Children under the age of 13 are not permitted in the facility.

Failure to abide by these rules may result in disciplinary action or revoked access.

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