

ALFRED-ALMOND CENTRAL SCHOOL FITNESS CENTER

Rules and Regulations

The Alfred-Almond Central School Fitness Center is open to district residents who agree to the following rules and regulations:

1. Fill out the annual *Hold Harmless Agreement* to use the Fitness Center from July 1 - June 30. Once the agreement has been submitted the member will be issued an ID card for use of the facility.
2. There is a replacement cost for a lost ID card of \$10.00.
3. Participants exercise at own risk. No one under 18 is allowed to utilize the Fitness Center without adult supervision. No students currently enrolled in high school may utilize the center without adult supervision. No students/children under 12 are allowed in the fitness center.
4. Members must wear appropriate exercise attire at all times. A shirt must be worn to cover the upper body, socks and athletic shoes are also required. The clothing must be for exercise purposes. Therefore, casual clothing is not allowed: no jeans, jean shorts, or any article of clothing with zippers or rivets, etc.
5. Shoes must be changed before entering the Fitness Center when coming in the outdoor entrance. No open-toed shoes, open-backed shoes, boots, sandals, or casual shoes are allowed.
6. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
7. Members must ensure the equipment is wiped down after each use with the sanitizer/sanitized wipes provided.
8. Alfred-Almond Central School is not responsible for lost or stolen personal items. No bags, coats or personal items are allowed in the Fitness Center. Storage lockers are located at the Fitness Center entrance.
9. Except for capped water bottles, eating or drinking is prohibited. Please dispose of all trash in the proper bins outside of the Fitness Center.
10. When using cardio equipment please clear and reset the cardio machines when finished.
11. All equipment must be used in accordance with the fitness guidelines and must be used in the Fitness Center. At no time is equipment allowed to be taken out of the facility.
12. The fitness center is only to be used by people with approved admittance.
13. Fitness center members should report all equipment malfunctions, broken or damaged equipment, personal injuries and specific concerns immediately to the District office (607-276-6501). Users are responsible for broken equipment that is a result of misuse or inappropriate use.

June 1, 2023

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14. Alcoholic beverages, smoking and tobacco use of any type are not permitted on school grounds/school building. New York laws and Alfred-Almond Central School District policies regarding illegal substances will be strictly enforced.
15. This is a self-monitored facility; security cameras help to ensure the safety and well-being of Fitness Center members. Please do your part to make this system work.
16. If a member or student violates a rule or regulation they will be subject to the following procedure:
 1. Verbal warning – member/student will be informed by the District office/staff members of any violation.
 2. If a second warning is necessary, a written warning will be issued.
 3. If a third warning is necessary, FITNESS CENTER USE WILL BE REVOKED.

Serious infractions may result in the immediate removal of Fitness Center privileges.

17. If you are the last member in the Fitness Center, please turn off the lights when you leave.

Thank you.