

Wauzeka's Angels Fitness Center Wauzeka-Steuben School District

The Wauzeka's Angels Fitness Center is open to students, employees, and residents in and around the School District of Wauzeka-Steuben. Users must agree to adhere to the following policies or membership privileges may be revoked.

Hours of Operation for Fitness Center

The following schedule applies when school is in session. Hours may be adjusted during holidays, special events, and the summer.

Monday-Friday (when school is in session) 3:45 p.m.-6:00 p.m.

All other days/times NO SUPERVISOR ON DUTY

FITNESS CENTER CLOSED TO THE PUBLIC DURING SCHOOL HOURS

Monday-Friday 7:30 a.m. - 3:30 p.m.

Membership

Memberships need to be purchased at the high school office during regular business hours through District Principal/AD or District Superintendent/AD. Membership is available for the following individuals.

Students

All students enrolled at Wauzeka-Steuben School District are able to use the fitness center free of charge during the school day as part of the physical education program. Students may use the fitness center after school hours until 6 p.m. with a supervising adult.

Age Requirements:

No students below 6th grade may use the fitness center.

Students in grades 6-12 may use the fitness center with adult supervision.

District Employees

Employees of the School District of Wauzeka-Steuben may use the fitness center free of charge.

A District employee is defined as an individual who currently works for or retired from the School District of Wauzeka-Steuben with it being their primary means of employment. This does not include substitute teachers or substitute paraprofessionals, officials, or sub-contractors, etc. A retired employee is defined as someone who is age 55 or over and was employed for at least 5 years as a district employee and is now retired. Coaches of the District are included as an employee.

Membership Fees

Monthly Rates

\$10 Adult W-S School District/Non District Resident

Annual Membership Rate

\$100 Adult W-S School District/Non District Resident

W-S Students 6th through 12th Grade

No Charge

** All memberships will include a one-time charge of \$10 for your key fob to enter the center**

Replacement Fobs \$10

Orientation

All members will be required to complete an orientation during their first visit to the Fitness Center. The orientation covers information regarding the operation of the Fitness Center, member responsibilities, and equipment use. Individuals are encouraged to ask questions.

- All students will receive orientation from their physical education teachers or coaches
- All community members will receive orientation from the Fitness Center Manager or Supervisor. All members will receive a copy of the policies and procedures and must agree to adhere to the guidelines. Violation of policies may lead to temporary or permanent loss of privileges of use of the facility without refund or membership fees.

Dress Code

A dress code has been established for the comfort and safety of all of the participants and for the care of the equipment. Please observe the following guidelines.

- Shoes Required--tennis, jogging, walking, aerobic etc. NO boots, open toed shoes, sandals, or non-athletic shoes will be permitted
- Shirts required—NO half shirts, torn or altered, cut off shirts, sports bras, loose fitting tanks, open back tanks, or midriff tops
- Athletic or Jogging shorts, sweats, or warm-ups. No short shorts
- NO JEANS or street clothing with rivets, buttons, zippers or belts

The intent of this dress code is to maintain a comfortable atmosphere for everyone. We urge you to speak with the Fitness Center Manager if you have any questions or concerns about this policy or what you or someone else is wearing for workout.

It is also the intent of this dress code to decrease the chance of transmitting diseases such as impetigo, ringworm, staph infections, MRSA, etc. through body contact on the mats, and to ensure proper care of the fitness equipment.

Music, Television, Listening Devices, and Cell Phones

Participants may use personal listening devices. The television will be monitored by the fitness center adult in charge. Music that includes any type of foul language is not to be heard in the fitness center. Cellular phones are not to be used for phone conversations within the fitness center. Please be respectful of those around you.

Food and Drink

No food or drink is permitted within the fitness center. Water bottles/sport bottles may be used but must be a spill proof container. A water fountain/filling station is available within the fitness center.

Personal Items

A small storage area is available within the fitness center. Personal items such as book bags, backpacks, coats, sweats, etc. are not permitted out on the floor of the fitness center. All items must be stored in the designated storage bins or hanging on the hooks. All participants are encouraged to leave any and all valuables at home. The Wauzeka's Angels Fitness Center and the School District of Wauzeka-Steuben are not responsible for any lost, stolen, or broken items. Community members will not be allowed to use the school locker rooms or shower facilities.

Childcare

The Fitness Center does not provide a childcare service. Children may not be left unattended in the Fitness Center nor in the Foyer/outside area of the Fitness Center. Children also may not wait by the exercise equipment while their parent/guardian exercises. For the safety of your children please make prior arrangements.

Emergencies

In the event of an emergency within the Fitness Center, please call 9-1-1 immediately on the phone at the sign in desk.

Exercise Equipment Use and Care Guidelines

In an effort to promote both time efficiency and exercise effectiveness for all participants we would request that you adhere to the following guidelines for use of exercise equipment. The purpose of posting these guidelines is to increase the comfort level of all participants. If any individual has any questions or concerns, please feel free to discuss them with the Fitness Center Manager.

- **Strength Equipment**
 - If you are doing multiple sets on a piece of equipment, please allow others in the center to "work in" with you or trade sets.
 - It is appropriate fitness center etiquette to ask politely if you can work in with someone on a piece of equipment. Normal courtesy is to accommodate the request.

- When finished with a piece of equipment please reset that item to its original state; weights should be returned to their appropriate location.
- Slamming or dropping weights is not permitted.
- No loitering around the machines. The Fitness Center is a place to exercise, not socialize.
- After using a piece of equipment, please spray with the virex bottle located at the center of the room under the TV's. Only spray the parts of the equipment you touched with your hands.
- If you are not sure how to use/clean a machine properly, please see the manager of the center.
- Cardiovascular Equipment
 - Please limit your time to 30 minutes when others are in the fitness center.
 - When finished with a machine, please wipe down with the virex bottle and towel. NEVER spray the virex directly on the display screen. Also, reset the machine to its original state.
 - When finished with workout please return machine to its original state. If using a machine late into the evening please turn machine off using the on/off switch.

Fitness Center General Policies

The Wauzeka's Angels Fitness Center is a controlled access facility. Only registered member users are permitted entry. Profane or indecent language is not permitted. As per school policy the possession or use of alcohol, tobacco products, or illegal drugs is prohibited and law enforcement will be contacted.

Pregnant women, persons with medical conditions, or anyone using fitness equipment should consult a physician before any workout regimen.

Rules of the fitness center are posted within the facility and must be followed.

Agreement to Policies/Liability Waiver Form

My signature on this form indicates agreement to abide by the policies set forth in this document and any further policies developed throughout the term of this membership. A signature form must be completed for each member in a family.

My signature on this form also indicates that I am not under the restriction by a medical professional regarding exercising using equipment such as that in the Wauzeka's Angels Fitness Center.

I/We release the School District of Wauzeka-Steuben, the Wauzeka's Angels Fitness Center, and its supervisors of liability in case of injury, accident, or death and agree to allow Fitness Center personnel or others within the fitness center facility to obtain medical treatment for the member listed if it becomes necessary.

Failure to abide by these policies may lead to temporary or permanent suspension of membership privileges without a membership fee refund.

Signature of Member _____
Date

Signature of Parent/Guardian if Member is under 18 _____
Date

Member Name: _____ Gender M / F

Address: _____

Age: _____

City, State, Zip: _____

Phone: _____

Office Use Only

Member Type: _____ Key Fob #: _____ Amt. Paid: _____

Check# _____ Cash: _____ Date: _____



School District of Wauzeka-Steuben



Gary Albrecht
*Interim District
Administrator*
Ext. 214

Jennifer Gallagher
*Director of Special
Education*
Ext. 225

Tiffany Dums
District Principal
Ext.211

Weight /Cardio/Fitness Room Waiver

Name (Please Print): _____ Date: _____

*All participants must be 18 years of age in order to be unsupervised in the weight/cardio/fitness room. Anyone under that age must be under the supervision of an accompanying adult or coach.
You must sign in immediately upon entering the weight/cardio/fitness center and have this form on file before using any of the equipment!

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to use the facilities, equipment and services of the School District of Wauzeka-Steuben I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** the School District of Wauzeka-Steuben, its directors, officers, employees, insurers and agents from liability **from any and all claims including but not limited to the negligence of School District of Wauzeka-Steuben** resulting in personal injury, accidents or illnesses (including death), and property loss arising out of and/or from, including but not limited to, participation in activities, classes, observation, and use of facilities, premises, or equipment.

_____ [initials]

Assumption of Risks: This use of District property, facilities, staff, equipment, and/or services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The School District of Wauzeka-Steuben has facilities for and provides for activities such as sporting events, clinics, classes, and camps. Some of these involve situations, environments, or activities that may lead to illness, physical injuries, and psychological stress or damage.

The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment 2) major injuries such as joint or back injuries, broken bones, heart attacks, head injuries, and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the School District of Wauzeka-Steuben. I hereby assert that my participation is voluntary and that I knowingly assume all such risks. I also acknowledge that I understand that the weight/cardio/fitness room and other facilities that I use may be unsupervised by the the School District of Wauzeka-Steuben. I represent that I am in sufficient physical condition and am physically able to undertake all activities at the weight/cardio/fitness room and other facilities that I use.

_____ [initials]

Inspiring passion and achievement in all learners



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Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The School District of Wauzeka-Steuben HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including but not limited to attorney’s fees, brought as a result of my involvement at the School District of Wauzeka-Steuben and to reimburse them for any such expenses incurred.

_____ [initials]

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Wisconsin and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

_____ [initials]

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law. Further, I understand that if I have any questions regarding any of the provisions of this document or otherwise wish to discuss or negotiate any of the provisions herein, I must contact the School District of Wauzeka-Steuben. I acknowledge that prior to signing this Waiver of Liability, Assumption of Risk, and Indemnity Agreement, I had the opportunity to contact the School District of Wauzeka-Steuben to discuss and/or bargain regarding any of the terms set forth herein.

_____ [initials]

Signature of User Date

Participant’s Age _____ (Must be 18)

Print name

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