

## **Nevis School Fitness Center Facility Use Policies:**

The Nevis Fitness Center is owned and operated by the Nevis School District. It will be available for public use 24 hours a day, seven days a week.

All members are required to adhere to the following Fitness Center Policies:

1. Membership dues are \$25.00 per single month or \$20.00 per month when purchased in sets of three months or more. All fees must be prepaid.
2. The Fitness Center is available to members 24 hours a day, seven days a week. Be mindful that students may be in the Fitness Center at any time when school is in session. Membership is not transferable to other persons.
3. Full privilege memberships are available to individuals over the age of 18. Student memberships are available but are restricted in that a parent/guardian must be present whenever students are working out during unstaffed hours.
4. If you have any medical condition inhibiting exercise, you are responsible to take all the necessary precautions and assume any and all risks.
5. Exercise is voluntary and performed at your own risk.
6. If you should incur an injury at the Nevis Public School Fitness Center, you acknowledge that it is your responsibility to seek appropriate care.
7. Members must wear appropriate attire at all times. Sweat pants or shorts, socks, shoes and T-shirts must be worn. Clothing with belts, buckles, snaps, etc., should not be used as they can damage the equipment. Clothing containing offensive words or graphics is not allowed.
8. Shoes must be worn during workouts. Shoes must be clean, dry, and free of sand. Street shoes are not to be worn while using the Fitness Center equipment.
9. Profanity is not allowed.
10. If others are waiting, please limit your time on any one piece of equipment to no more than 30 minutes.
11. Locker facilities are not available.
12. The Nevis Public School is not responsible for any property lost, stolen or damaged while you are using the facility.

13. You are to use the equipment as intended. Misuse may result in damage which you will be responsible for the cost to repair.
14. Malfunctioning equipment is to be reported to the District Office using forms available at the Fitness Center. Do not attempt to fix it yourself.
15. The membership card key is to be returned to the District Office after your membership has expired. A \$10.00 replacement fee will be charged if the card becomes damaged, lost or unusable.
16. Free weights can only be used when a spotter (someone who is able to assist you with the weight) is present. No one is allowed to lift alone during non-staffed hours. Failure to comply will result in loss of membership.
17. Members must understand how to correctly use the fitness equipment. Please read the attached general list of reminders on the use of the different pieces of fitness equipment available at the Fitness Center.
18. Spray cleaner and rags are available to wipe down the machines after use. Each member is asked to help keep the equipment in good working order by cleaning after use.
19. Penalty for breaking these and other posted rules will be loss of membership. Refunds will not be issued.