

## CPSC Fitness Center Rules & Regulations

The following rules and regulations are in place for the Clinton Prairie School Corporation Fitness Center to assure a safe and comfortable place for adult school district residents, students and school staff to work out.

The fitness center is open to adult school district residents Monday through Thursday from 6:00 am to 7:30 am and 6:30 pm to 8:30 pm.

Adult means anyone over the age of eighteen who is a resident of the School District of Clinton Prairie.

The fitness center is closed when school is closed (i.e. snow days, vacation days, summer vacation, etc.).

Card passes will be issued to members at \$35 per school year and are non-transferable. Replacement cards are \$10.

**Prior to using the Fitness Center the following orientation must be done and forms are required to be filled out and on file:**

1. Have on file an Emergency Care Card (include location of phone and defibrillator).
2. Have on file a Rule and Regulations Sign Off and a Liability Injury Waiver Sign Off form filled out.

Proper Attire should be worn at all times: Absolutely no sandals or jean shorts.

Absolutely no children under 18 years of age allowed in the fitness center or anywhere else in the school building when parents or guardians are using the fitness center during the hours listed above.

Entrance: Use the W-23 doors to enter the building. Use the North weight room entrance to enter the fitness center. Sign in on the fitness center log.

Bathroom and Locker Room Access: The handicapped bathroom between the two physical education offices is available. There are lockers in the weight room.

Walkers should use the outside lane of the track and joggers the inside lanes.

Problems: Please report any equipment failure, injury, etc. to the athletic director.

Any misuse of equipment or the facility will result in immediate removal and revocation of the entrance card. No refund will be issued.

**Water bottles with lids will be the only food or drink allowed in the fitness center or weight room.**

**After using the weight room, please spray and wipe down all areas that you use.**

The cameras are for safety and security reasons only.