

Its back! Now that construction is essentially complete at the Jr.-Sr. High School the Administration with the support of the School Board have put together a plan to open the Fitness Room to the public again.

Since it is a different situation we have developed a set of rules and regulations for the public use of the facility, see the document below.

Although the primary function of the facility is for the students of the District, we are excited and pleased to be able to provide this benefit to assist in the physical wellbeing of the patrons of the District.

To sign up, come to the office at the High School Monday through Friday between the hours of 8:00 am and 4:00 pm. You will need to complete the *Fitness Room Rules and Regulations* form by providing your name, address, phone number then signing and dating the form and paying the annual fob fee of \$20.00. We will also take a photo copy of your driver's license or other photo ID to be attached to the completed form. If you are opting for a family membership, you will need to list names and ages of your spouse and children that will be using the facility under your fob.



Fort Calhoun Community Schools

Gateway to the Past. Pioneers of the Future

Fort Calhoun Community Schools Jr-Sr High School Fitness Room Rules and Regulations

In exchange for a membership to the Fort Calhoun Community Schools Jr-Sr High School Fitness Room, I agree to abide by the rules and regulations stated herein. I am aware of the inherent risks of physical training, in particular the danger involved with weightlifting and will not hold Fort Calhoun Community Schools and its personnel responsible for any injuries and/or loss of personal property, which might occur in connection with the use of the Fitness Room facilities.

1. Membership to the fitness room is available for non-student residents of the district, Alumni of Fort Calhoun Community Schools, and school staff that are 18 years of age or older.
2. There is an annual \$20 fob fee per fob. The fob fee is due on or before June 1st of each year to keep your fob active for the next year. We allow family use of a fob (you, your spouse and children), but the person signing this form is assuming the responsibility for each family members adherence to the rules and regulations listed herein.
3. Students age 12+ will be allowed to use the fitness room outside of school hours only in the presence of their parent or guardian. Children under the age of 12 are not allowed in the fitness room.
4. The school and students will have priority at all times. Community hours while school is in session will be 6:00 PM – 10:00 PM Monday – Friday and 6:00 AM – 10:00 PM on Weekends. Community hours while school is NOT in session are Noon to 10:00 PM.
5. No alcohol, drugs or tobacco products. Fort Calhoun Community Schools Jr-Sr High School is an alcohol, tobacco, and drug free campus.
6. Only water is permitted. Absolutely no food or gum are permitted.
7. Those who use the room are responsible for leaving the room in the same condition as when they entered. This includes placing the weights back on the racks, accounting for all equipment, making sure that no trash has been left around the room, making sure that all doors have been properly secured and all electronics are turned off.
8. For sanitary reasons shirts must be worn in the fitness room and all equipment should be wiped down after use.
9. Only the member (and family) should use the fob. Lending of the fob and/or bringing in non-members will not be allowed and is cause to deactivate the fob without refund.
10. All members must enter and exit through the east locker room doors (this is the only door your fob will open) and use the east stairway to access the Fitness Room. Entry into any other part of the building is NOT allowed (with the exception of the restroom and water fountain in the Wrestling room). The security camera system will monitor this.
11. Water and a restroom are available in the wrestling room. Use of the wrestling room or mat is strictly off limits.
12. A lost or stolen fob will result in a \$30 replacement fee. You must notify the School immediately if your fob is lost or stolen so it can be deactivated. You are responsible for any loss or damage to school property or equipment resulting from access to the building via your fob.
13. The fitness room is under video surveillance. All people exhibiting misconduct and/or damaging school property/equipment will be held responsible for the cost of all damages.
14. Any misuse of the fitness room and/or violation of these rules will result in forfeiture of the fob and use of the fitness room for six (6) months. A second violation will result in forfeiture of the fob for one (1) year. A third violation will result in a permanent ban. The district reserves the right to terminate usage at their discretion.

Printed name of Member _____

Members Signature _____ Dated _____

Address _____ Phone _____

_____ Fob # _____

Fort Calhoun Community Schools Jr-Sr High School Fitness Room Rules and Regulations

Name of spouse _____

Name of children _____ age _____

_____ age _____

_____ age _____

_____ age _____

_____ age _____

_____ age _____

_____ age _____

_____ age _____

_____ age _____