



EAST TROY

COMMUNITY SCHOOL DISTRICT

Committed to the Growth & Success of Each Student, Each Year



FITNESS CENTER GUIDELINES AND APPLIATION

(See Member Guide for More Information)

Prior to participation, athletes must go through a pre-participation screening and clearance procedure.

Prior to participation, all athletes must attend an orientation on common risks involved in resistance training, the proper execution of various exercises, and the possible consequences if proper technique is not used.

Athletes must have a workout sheet, follow it, and record workout contents.

If an athlete has an injury that inhibits a portion of the workout, the athlete must receive a modified program from the athletic medicine department that describes which exercises should be avoided and which ones may be substituted.

Athletes are required to use locks on the ends of all barbells.

No one should squat outside the squat or power rack.

Bumper plates are required on the platforms for all power exercises.

Athletes must not wear weight belts when the belts could contact equipment upholstery.

Athletes should move weights from the racks to the bar only. They should never set plates on the floor or lean them against equipment or walls. Athletes should return dumbbells to the rack in the proper order. Athletes should not drop or throw weights or dumbbells.

Athletes should show respect for equipment and facilities at all times; spitting in or defacing the facility is not tolerated and will result in immediate expulsion.

The fitness center requires concentration. Horseplay, loud or offensive language, or temper tantrums are not permitted.

The staff offices and telephones are off limits to athletes unless permission to use them is given.

Athletes should wear proper training attire, particularly shirts and athletic shoes, at all times.

Athletes should use spotters for exercises that place the bar on the back or front shoulders and exercises that involve a bar or dumbbells moving over the face or above the head. Power exercises are not spotted.

Athletes should immediately report any facility-related injury or facility or equipment irregularity to the supervisor on duty.

Tobacco, food, chewing gum, glass bottles, cans, alcohol, drugs, and banned substances are not allowed in the fitness center; plastic water bottles are acceptable.

Supervisors are not responsible for users' personal belongings or lost or stolen items.

Jewelry such as loose necklaces, bracelets, hanging earrings, and watches should not be worn.

Athletes should keep feet off the walls.

Athletes should minimize chalk and powder on the floor.

All guests and visitors must report to the office for signing of the waiver form.

Former athletes must have their programs pre-approved by a staff supervisor and must sign a waiver form.

Athletic department personnel can use the fitness center for personal workouts if they do not interfere with the needs of the athletes.

Non-athletic department personnel are allowed to use the fitness center with permission of the athletic director and after signing a waiver form. Recognized users may include athletes, students, guests, staff, faculty with permission, former athletes, family members, and visiting teams.

Equipment leaving the weight room shall be checked out by the supervisor and recorded at the supervisor's desk.

The on-duty supervisors have authority over all fitness center conduct and use of equipment and may expel an athlete from the facility for failure to follow instructions.

You should always consult your physician or other health care provider before changing your diet or starting an exercise program. I understand that there is a risk of injury associated with participating and using the East Troy Fitness Center.

I hereby assume full responsibility for any and all injuries, losses and damages that I incur while attending, exercising or participating in the East Troy Fitness Center. I hereby waive all claims against the East Troy Fitness Center/East Troy Community School District, its instructors, or partners of individually or otherwise, for any and all injuries, claims or damages that I might incur.

