

Northview Community Fitness Center

Northview Public Schools (NV) is pleased to welcome you to its Community Fitness Center (the Center). In order to ensure a safe and enjoyable environment for all members and users of the Center, NV has established these rules and regulations which all members and users are required to follow at all times. Please note that from time to time, NV may find it necessary to amend or add to these rules and regulations, and that other rules and regulations may be orally communicated to me from time to time. Please contact Center staff if you have any questions.

The Center's hours of operation are subject to change at the discretion of Northview Public Schools.

- Should school be closed due to inclement weather conditions or other unforeseen event, the Fitness Center and its scheduled activities (including but not limited to group fitness class and personal training sessions) will be closed for the morning and afternoon hours of operation. Furthermore if the school district holds evening activities the fitness center will open for evening hours. However, if the school district closes all evening activities the fitness center will also be closed.

ADMITTANCE

General Public

- All persons using the Center must be a fitness center member.
- Membership must be current to use the Center. Length and types of memberships are at the discretion of the Center.
- Members must sign in/swipe card each visit. The center is not responsible for lost or stolen membership cards and a \$5.00 fee will be charged to replace lost or stolen membership card.
- Membership requires the following:
 - Must be in at least 7th grade
 - Must read and sign a Center "Acknowledgement and Release of Liability" form before using the Center.
- Track Use: must follow posted rules for track.
 - Children under the age of 10 must have adult supervision
- NV students 7th – 12th grade are allowed access with current student ID

DRESS CODE

- Athletic shoes (with non-marking soles) must be worn by all users (including members, NV students and NV Athletes) at all times when using the center. These athletic shoes must not be shoes worn from outside into the center.
- Appropriate athletic attire is required at all times. Shirts are required at all times. Staff of the center will make final decisions on appropriateness of attire. Users may be asked to leave the center for failure to comply with this rule.
- No denim allowed in the center.
- Sandals are not allowed.

EQUIPMENT USAGE

- All members and staff users must follow proper equipment usage guidelines as posted in Center and as communicated by Center staff.
- All members and users must use the equipment only in the manner intended by the manufacturer.
- Members and users shall not move or modify equipment in any manner.
- Members and users must clean equipment after each use using sanitizer provided.
- All weights and other loose equipment must be returned to their proper location immediately after use.
- Members and users are expected to monitor length of use of equipment to assure all members have access to equipment. Please allow other members and users to "work in" as appropriate.
- Cardio equipment use is limited to 30 minutes if another member is waiting to use equipment.
- Members and users should report any equipment malfunction immediately to center staff.
- Do not drop weights or allow weights to slam together.
- Use of chalk is prohibited.
- Use of a spotter is strongly recommended when using free weights.

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- Weight collars must be used at all times.

FOOD AND BEVERAGE

- Except for water bottles, NO food, gum or drinks are allowed in the Center.
- Drinking fountains are located in the center.

NO TOBACCO, ALCOHOL, ILLEGAL SUBSTANCES OR GUM

- Use of tobacco (including smokeless tobacco), alcohol and any illegal substance is PROHIBITED in the Center or NV property at all times.
- Members and users shall refrain from the use of chewing gum in the Center.

LOCKER ROOMS AND STORAGE OF PERSONAL BELONGINGS

- Family locker rooms and showers are available for member use during lap swim
- Access to pool must be through family locker room
- Do not bring valuables into the Center. Center staff will not hold valuables.
- Neither NV, Center staff nor their management companies are responsible for any loss or theft of personal belongings.
- Shelves, coat racks and/or locker space are for temporary use by members and users at the Center. All personal belongings, including, but not limited to, shoes, towels, coats, water bottles, keys, wallets, purses, back packs and locks must be removed when the member or user leaves the center each visit.
- Gym bags or back packs are not permitted in the equipment or gym areas of the Center.

CELL PHONES

- Members and users shall not use cell phones while using equipment and must limit cell phone usage while in the Center as to not disturb other members/users.
- All cell phones shall be set to vibrate while in the Center.

GENERAL RULES AND GUIDELINES

- Outside trainers are not allowed to use the Center to offer training or instruction to any member/user.
- Music selections on the Center's sound system will be at the discretion of the Center staff during General Member hours. Music selection on the Center's sound system during use of Physical Education classes or Athletic Teams is at the discretion of the teacher or coach. All music played shall be appropriate in nature and NV reserves the right to restrict use of the Center's sound system at any time.
- Members and users may use their own personal audio/music devices while using the Center. Members and users must provide their own headphones/ear buds for use in any Center audio A/V equipment offered.
- Television selection on the Center's TVs will be at the discretion of the Center staff during general member hours. Television selection on the Center's TVs during use by Physical Education classes or Athletic Teams is at the discretion of the teacher or coach. NV reserves the right to restrict use of the Center's TVs at any time.
- All injuries must be reported immediately to Center staff.
- Towels are not provided by the Center, however, members/users may bring their own towel for their use.
- Horseplay or unruly behavior is PROHIBITED in the Center. A member or user may be asked to leave the Center for failure to comply with this rule at any time at the discretion of center staff
- All unauthorized locks will be cut and removed each night.
- Members and users must pick up after themselves and discard trash and remove personal items.

FAILURE TO FOLLOW THE CENTER'S RULES AND REGULATIONS MAY RESULT IN LOSS OR SUSPENSION OF MEMBERSHIP OR PRIVILEGES TO USE THE CENTER. NV AND/OR FITNESS CENTER STAFF HAVE THE SOLE RIGHT TO DENY ACCESS TO OR REMOVE ANY PERSON FOR FAILURE TO FOLLOW THE CENTER'S RULES AND REGULATIONS.