

Wayland Union Schools Fitness Center

Wayland Union Schools (WUS) is pleased to welcome you to the Wayland Union Schools Fitness Center and Pool. In order to ensure a safe and enjoyable environment for all members and users of the fitness center/pool, WUS 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, WUS may find it necessary to amend or add to these rules and regulations, and that other rules and regulations may be orally communicated from time to time. Please contact Wayland Union Schools Fitness Center and Pool staff if you have any questions.

The WUS Fitness Center's hours of operation are subject to change at the discretion of Wayland Union Schools

Should school be closed due to inclement weather conditions or other unforeseen events, the fitness center and its scheduled activities (including but not limited to group fitness classes and personal training sessions) will be closed for the a.m. and potentially afternoon hours of operation if conditions fail to improve. Furthermore, if the school district holds evening activities, the fitness center will open. However, if the school district closes all evening activities because of inclement weather, the fitness center will also be closed.

ADMITTANCE

Everyone must read and sign the fitness center's "Acknowledgement and Release of Liability" form before using the facilities.

General Public

- ★ All persons using the facilities must be a fitness center member or purchase a daily pass
- ★ Membership must be current to use the facilities. Length and types of memberships are at the discretion of the fitness center
- ★ Members must sign in/swipe card each visit. The fitness 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

Staff and Students

- ★ Current staff members of the Wayland Union School District are eligible for a free fitness center membership. Staff must sign in at the front desk.
- ★ High School students may utilize the fitness center independently
- ★ Middle School students may utilize the fitness center with a supervising parent/guardian or a school coach

DRESS CODE

- ★ Athletic shoes (with non-marking soles) must be worn by all users at all times. These athletic shoes must not be shoes worn from outside into the fitness center
- ★ Appropriate athletic attire is required at all times. Shirts are required at all times. Staff of the fitness center will make final decisions on the appropriateness of attire. Users may be asked to leave the fitness center for failure to comply with this rule.

- ★ No denim jeans or shorts
- ★ Sandals are not allowed

EQUIPMENT USAGE

- ★ All members and staff users must follow proper equipment usage guidelines as posted in fitness center and as communicated by fitness 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
- ★ 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
- ★ Weight collars must be used at all times

FOOD AND BEVERAGE

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

NO TOBACCO, ALCOHOL, ILLEGAL SUBSTANCES

- ★ Use of tobacco (including smokeless tobacco), alcohol and any illegal substances are PROHIBITED in the fitness center or on WUS property at all times

LOCKER ROOMS AND STORAGE OF PERSONAL BELONGINGS

- ★ Locker rooms and showers in the pool are available for members during lap and open swim
- ★ Neither WUS, fitness center staff, or management, is 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 fitness center. All personal belongings, including, but not limited to: shoes, towels, coats, water bottles, keys, wallets, purses, backpacks, and locks must be removed when the member or user leaves the center after each visit.
- ★ Gym bags or backpacks are not permitted in the equipment or gym areas of the fitness center

CELL PHONES

- ★ Members and users shall not use cell phones while using equipment and must limit cell phone usage while in the fitness center as to not disturb other members/users
- ★ We ask that all cell phones be set to vibrate while in the fitness center

GENERAL RULES AND GUIDELINES

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

FAILURE TO FOLLOW THE WAYLAND UNION SCHOOLS' FITNESS CENTER'S RULES AND REGULATIONS MAY RESULT IN LOSS OR SUSPENSION OF MEMBERSHIP OR PRIVILEGES TO USE THE CENTER. WUS 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.

For questions, comments, or concerns please contact the Fitness Center and Pool coordinator:
waylandfitness@waylandunion.org or (269)792-0011 ext. 1810.