

## FITNESS ROOM

### PURPOSE:

This policy outlines the safe and efficient use of the fitness room and its equipment.

### GENERAL STATEMENT OF POLICY

The School Board encourages the use of the fitness room for staff, students and athletes. The fitness room may be available to staff as long as it does not interfere with student use. Students have first priority for use of the fitness room under the supervision of the physical education teacher or coach, who has received the proper training. A list of trained staff will be available at the school office.

### APPLICATION

This policy shall apply to all people using the fitness room.

### GENERAL USE OF THE FITNESS ROOM

- A. Only school district personnel (i.e. coaches and physical education teachers) or individuals who *have* received prior approval from the principal. Supervisors must be trained in the use of the equipment, AED, CPR, and care of injuries.
- B. At least one supervisor must be physically present in the fitness room whenever students are using the facility.
- C. No one, including the fitness room supervisors, is allowed to use the bench press alone.
- D. Inexperienced students shall be *given* instruction prior to any fitness room activity.
- E. Use of the fitness room by staff outside regular school hours must be approved by the principal and a list of staff who completed the Fitness Waiver and Release of Liability form.
- F. Equipment will be inspected *weekly* by the physical education teacher and/or Principal, *a logbook shall be kept recording the time, date, and status of the equipment for each inspection*. Equipment that is damaged will be removed immediately and will not be returned until repaired by a certified technician or replaced. It shall be the responsibility of the adult authorized to use the fitness room to report on the equipment repair form any concerns with the equipment and tag the equipment, out of use.
- G. Employee use of the fitness room may be utilized during their personal time, such as during breaks, lunch and before or after work, upon signing the waiver and release of liability and on file at the SAU. Employees shall not work with students unless authorized by the principal who will have a listing of staff eligible to train students.
- H. Spotters are required for all benching/lifting activities, including warm-ups and cool-downs and weight belts must always be worn whenever squatting.
  - I. Collars must be used while doing all lifts with the bars.
- J. Weights are to be moved from the racks to the bars only. They are never to be thrown on the floor and left there. After each session, all the weight plates and apparatus must be put in their proper places neatly and with control.

K. Inappropriate behavior (as determined by the supervisor) will not be tolerated; all patrons will exhibit respect for everyone in the fitness room.

L. Persons who do not pick up after themselves, who are uncooperative, who do not follow policy, and/or who practice unsafe lifting, will lose their weight room privileges.

### **School Fitness Room Dress Code Policies:**

1. **FOOTWEAR:** Clean athletic shoes should be worn at all times. Dress shoes, flip-flops, Crocs, sandals, open-toe, and deck shoes are not permitted. Shoelaces must be tied at all times to prevent slipping or tripping.
2. **LOWER BODY WEAR:** Participants are required to wear either workout shorts, warm-ups, or sweatpants. Blue jeans, dress pants, fatigues, cut-offs, and non-athletic dress shorts are not permitted.
3. **UPPER BODY WEAR:** T-shirts, sweatshirts, warm-ups, and unaltered tank tops are required. Shirts that have inappropriate logos on them will not be allowed at the supervisor's discretion. *This includes, but is not limited to, items that advertise alcohol, drugs, or tobacco. It further includes celebrities, bands, race car drivers, etc. that advertise such products. Clothing with pictures and/or slogans that infer, suggest, hint or imply an obscenity, or are offensive to any student, teacher, or employee will not be allowed.*
4. Loose or dangling jewelry may not be worn in the weight room.

# Waiver and Release of Liability

## READ BEFORE SIGNING

In exchange for using the Pittsburg School weight room, I agree to the following:

I agree to observe and obey all posted rules and warnings and further agree to follow any oral instruction or directions given by any member of the Pittsburg School.

I recognize that there are certain inherent risks associated with using the equipment in the weight room and I assume full responsibility for personal injury and further release and discharge, Pittsburg school or volunteers for injury, loss of damage arising out of my use of or presence upon the facilities of Pittsburg School whether caused by the fault of myself or a third party.

I agree to indemnify and hold harmless the Pittsburg School against all claims, causes of action, damages, judgements, costs or expenses, including attorney fees and other litigation costs which may arise from using the weight room after school hours.

I agree to pay for all damages to the facility of the Pittsburg School caused by my neglect, recklessness or willful actions.

I ACKNOWLEDGE THAT I UNDERSTAND THE WAIVER DESCRIBED IN THIS DOCUMENT. WAIVER IS MADE UNDER THE MAXIMUM EXTENT PERMISSIBLE UNDER APPLICABLE LAW. I ACKNOWLEDGE THAT I HAVE SIGNED THIS DOCUMENT UNDER MY OWN FREE WILL.

Participant's signature \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

In case of emergency, please call \_\_\_\_\_ Phone # \_\_\_\_\_

Pittsburg School Board: Adopted – June 16, 2014

Pittsburg School Board: Adopted – July 8, 2024