

Clark Field House Fees, Rules and Regulations

(Amended June 8, 2020)

Welcome! We congratulate you on becoming a field house member. We feature some of the most advanced exercise equipment and extensive facilities in the area. To help ensure your safe use and enjoyment of our facilities, we have established the following rules and regulations that we require everyone to follow. Please note that from time to time we may find it necessary to amend or add to these rules and regulations. Rules and regulations may also be orally communicated to you or contained on signs posted in the field house. Please review and familiarize yourself with them. Please contact the school administration if you have any questions.

Memberships for Every Budget and Every Lifestyle

Paid-in-Full Adult Yearly Memberships:

College Student	\$75.00
Single	\$100.00
Couple	\$150.00
Family (children 18 & under)	\$200.00

Replacing Lost Fob \$25.00

MEMBERSHIP AGE RESTRICTIONS

Members under the age of 18 years must be accompanied by a parent or guardian member at all times while in the field house from 5:00 a.m. to 11:00 p.m. Reminder: fobs can only be used by those included in the membership. **Fobs will also be allowed to open weight room; however, be sure that all weights and equipment are placed back into the locked weight room upon leaving. Anyone using free weights must have a spotter available.** Don't loan out your fobs!!

Children under grade 6 are NOT allowed in the exercise machine area due to safety issues; however, they are allowed in the court and on the mat area under the direct supervision of a coach or adult.

DRESS CODE

We reserve the right to deny use of the field house to any person whose attire we do not consider to be appropriate in connection with the public image of our school building and our rules and regulations. No profane language or slogans on any attire in the field house is permitted. **(see also student handbook – Dress Code)**

Athletic shoes are required in exercise areas and absolutely no shoes other than wrestling shoes are allowed on the wrestling mat. No black soled shoes are permitted on the basketball courts. If you wish to carry beverages with you during your workout, you must use a covered plastic container.

- Members are required to use personal towels to wipe equipment upholstery clean after use as a courtesy to other members.

Shower

Shower shoes or sandals are recommended in all wet areas: no other type of footwear is permitted.

LOCKER ROOM

Lockers in the field house are available for members. We recommend that members do not bring valuables into the field house and that each member purchases a combination lock or padlock to secure their locker while using the facilities. DO

NOT LEAVE VALUABLES UNPROTECTED. WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES. Pursuant to your membership contract, you have waived any right to sue the school for lost or stolen articles. Due to the limited number of lockers available, we cannot allow locks to be left on overnight. When this occurs, the locks may be removed and any personal articles in the locker will be placed in the lost and found. We accept no responsibility for articles left behind. Field house personnel are not allowed to accept responsibility for personal articles.

No hair dyeing or bleaching permitted in the locker room or the wet areas. No glass containers are permitted.

WAIVER AND RELEASE

You agree that if you engage in any physical exercise, class or activity, or use any field house equipment or facility on the premises, you do so at your own risk. You agree that you are voluntarily participating in activities and use of the facilities and premises (including the parking lot) and assume all risk of injury, illness, damage or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property. You agree to release and discharge Clark School District (and our affiliates, employees, agents, representatives, successors and assigns) from any and all claims or causes of action (known or unknown) arising out of an incident. You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of liability. You are waiving any right that you may have to bring a legal action to assert a claim against us for our negligence. **(13 – 24 – 20) Failure to comply with field house rules will result in the loss of field house use for 1 year.**

You agree to assume all risk of damage, loss or theft to or of any personal property.

EXERCISE EQUIPMENT

Members must use the equipment only in the manner intended by the manufacturer and authorized by the field house. Please follow all instructions and posted signs carefully. We reserve the right to limit your use of any equipment or facilities to ensure the equitable use of the equipment and facilities by all members and guests. Members shall not move or modify the equipment in any manner whatsoever. No free weight or loose equipment shall be used in connection with any mechanical equipment or in any manner for which the equipment was not originally intended. **If you believe any piece of equipment is malfunctioning, please notify the field house management or administrators immediately.** Members and guests may not bring in their own free weights. **DO NOT USE** the equipment if you are taking any medication that causes drowsiness or have any medical condition which makes such use inappropriate. **During non – supervised hours, free weights will be available to use by field house members. Fob cannot be given to other patrons, weight room door must be securely closed once patrons have completed workout. Spotter (must be at least 18 years of age) or field house supervisor must be present during weight lifting!! NO EXCEPTIONS!**

PERSONAL CONDUCT

Members and guests agree to conduct themselves in a quiet and well-mannered fashion when in or about the field house and not cause any disturbances or interfere with the safe use or enjoyment of the field house by other members. Under no circumstances shall members interfere with the field house conduct of its business. Any complaints (other than those of an emergency nature or requiring immediate attention by field house personnel) shall be made directly to the administration, in private.

HOURS OF OPERATION

Please check with the school for the days and hours of operation. Days and hours of operation may be changed at the school's discretion.

NO SMOKING/GUM CHEWING

In the interest of providing a healthy and safe environment for our members, NO SMOKING/NO GUM CHEWING policy. The use of any type of tobacco products, including smokeless tobacco, within the field house is prohibited.

FOOD AND DRINKS

You may carry beverages in covered plastic containers only during your workout; no glass containers are permitted in the field house. Please properly dispose of all drinking containers and refuse in the trash receptacles.

Alcoholic beverages or other illegal drugs are not permitted on the premises or grounds. Do not drink/consume alcoholic beverages or other illegal drugs before using the field house facilities.

MEMBER'S RESPONSIBILITY AS TO USE OF THE FIELD HOUSE

You should consult with your physician before using our services and facilities. You agree you will not use the facilities with any medical condition, including open cuts, abrasions, sores, infections, maladies or inability to maintain personal hygiene, if such a condition poses a direct threat to the health or safety of yourself and others and agree you will use the facilities in accordance with all applicable public health requirements. It is your responsibility to consult with your physician to determine if any of these medical conditions exists and, if so, whether such condition poses a direct threat to the health or safety of yourself or others. The school reserves the right, however, to make the final determination in this regard.

ADDITIONAL RULES AND REGULATIONS

We reserve the right to amend or alter these rules and regulations at any time in our sole discretion. All amendments to these rules and regulations are effective immediately. Members must check the school's website periodically for these amendments or changes. In accordance with your membership contract and these rules, we may revoke or suspend your membership if you fail to follow the rules and regulations or for any reasons of nuisance, disturbance, moral turpitude or fraud. Remember, to follow all field house rules to ensure positive lasting experiences for yourself and our facility.

Intentional damage done to any equipment, floors, or mats may result in charging perpetrator the replacement cost of damaged item. Remember, we have many surveillance cameras in the field house.

Also, snow and ice removal will only be done by school personnel during school hours and activities.

If you have any questions, please feel free to consult the school administration for assistance. We look forward to helping you improve your health and physical appearance.

Clark Field House

ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THE USE OF THE CLARK FIELD HOUSE, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in a physical activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the facility, sponsors, and owners of the facility in which I may use, and that it will govern my actions and responsibilities at the said facility. In consideration of my application, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Clark High School and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation, whether caused by the negligence of release or otherwise.

I acknowledge that the Field House and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Member's Signature
(Please print legibly.)

Date

Member's Name

Age

Member's Address

Member's phone number

Clark School District

Date of membership

