

Rules for Starmont School's Fitness Center

Enjoy exercising in our "State of the Art Fitness Center." The money charged for membership will go for equipment and upkeep of our Weight Room. Community usage not only helps people in our community but also helps our students. What a deal! Come to the Fitness Center and help your body be healthier.

To purchase an annual membership, there are three steps.

1. Sign a "Starmont Fitness Center Agreement and Release of Liability" form which can be found on the Starmont Community School's website at www.starmont.k12.ia.us under "District Information/Weight Room," or the form can be picked up at the MS/HS office.
2. Make check payable to the Starmont Community Schools for the proper amount. See below for annual fees. Memberships run from January 1-December 31. Annual fees are due each year on January 1. A reminder will be mailed to you prior to the Key Fob expiration date of December 31. If you join in April, for example, the fee is adjusted to \$80, etc. The Board of Education reviews this fee each summer. **NO REFUNDS.**
3. Stop by the MS/HS office to drop off your "Agreement and Release of Liability" form and payment. MS/HS secretaries will issue a Key Fob for only your use to the Fitness Center. A \$10 deposit will be charged for this Key Fob, refundable when the Key Fob is returned. Any questions, just call the MNS/HS office at 563-933-2218.

Per Year

\$120.00	Single membership; each additional adult member is \$60 per year
\$ 50.00	Year round membership for college student. . Must show college ID
\$ 80.00	Fireman, Policeman, EMS
\$100.00	Senior Citizens (62 years of age and older); each additional adult member is \$60 per year

The Membership Rules

The Fitness Center is open to the public 4:00 a.m.-11:00 p.m. daily. However, when school is in session (Monday-Friday 8:00 a.m.-3:30 p.m.), the facility is not available to community members. For example, during the Christmas, Thanksgiving, and Easter breaks or summertime, the Fitness Center is open from 4:00 a.m.-11:00 p.m. daily.

The Fitness Center Committee believes that students and athletes have priority in the Fitness Center. With that in mind, please note if usage time changes, they will be posted on the south door and on the school's website every Monday on the Weight Room page.

TO RENEW MEMBERSHIP: Send or drop off your payment, made payable to the Starmont Community School, to the Middle School/High School office. Your Key Fob will be reactivated – we do not need to see your Key Fob to reactivate it.

TO CANCEL MEMBERSHIP: Return the Key Fob to the MS/HS office.

For ethical and liability reasons, the Key Fob to the Fitness Center should be used ONLY by the person who has paid to be a member. Do not share this Key Fob with your children, spouse, friends, etc. **DOING SO MAY CAUSE YOU TO FORFEIT YOUR OWN MEMBERSHIP.** If those people want to use the equipment, they need to pay the membership fee and sign an “Agreement and Release of Liability” form.

Children, College Students & The Fitness Room

Younger Children: Any students under 6th grade may not be in the weight room area at anytime. We do not have a daycare available so prior arrangements need to be made to care for younger children.

High School/Middle School Children: These MS/HS (6th-12th Grades) young people may accompany their Mom, Dad, or guardian as long as the parent/guardian is a paid Fitness Center member. Students (PK-12) who are in the Starmont School District are unable to purchase a membership but are able to use the Fitness Center with coaches or school employees.

College Students: A college student’s yearly membership is \$50. This membership option applies **ONLY** to **CURRENT COLLEGE STUDENTS**. If the person is not actively attending college, he/she must pay the usual fee.

A reminder, for safety and security reasons, all entrances into the building and Fitness Center are recorded on a computer. Also, there are security cameras that record what’s going on in the entire building, including the MS Gym and halls.

Please be sure to check the Weight Room section on our website for current news.

The Weight Room Rules

- 1.) All paid members sign-in per visit.
- 2.) No food and only water is allowed in the Weight Room.
- 3.) The Weight Room is available during community-scheduled times to individuals residing within the Starmont Community School District boundaries.
- 4.) Appropriate work-out clothes are required at all times. (Shirt, shorts and clean shoes.)
- 5.) Equipment is to be disinfected/wiped down after each use to minimize the risk of communicable skin conditions/viruses.
- 6.) Return the equipment back to original spots.
- 7.) Always lift with a spotter.
- 8.) Report broken items to the MS/HS office by calling 563-933-2218 and leave a message.
- 9.) In case of injury, a first aid kit is located in the Weight Room.
- 10.) No children under the 6th Grade level may enter the Weight Room.
- 11.) Music is only available when the school coach is on duty; otherwise, those utilizing the Weight Room should bring their own headphones and music devices.
- 12.) All Starmont School District rules will apply.
- 13.) Be alert and knowledgeable to where exit signs are located.
- 14.) When entering school, do not block outside doors open to allow others to come in.

GYM – WEIGHT ROOM KEY FOB CHECK OUT ONLY

Name: _____ Date: _____

Address: _____

Email: _____

Home Phone: _____ Cell Phone: _____

This part will be filled out by office staff or administration.

Weight Room and Gym Use 4:00 am – 11:00 pm daily – WHEN NOT IN USE FOR SCHOOL
ACTIVITY

Key Fob No. Issued _____

Annual Fee (\$120.00)	
College Fee (\$50.00) Must show college ID	
Fire/Police/EMS (\$80.00)	
Senior Citizens (\$100.00)***	
Deposit Key-Fob (\$10.00)	

*Not accepting a monthly payment (annual fee to be paid in full) – additional family member (\$60.00 annual fee to be paid in full.)

** \$10.00 deposit refunded upon return of Key Fob.

*** 62 years of age and older

Check No. _____ **Cash:** _____

In addition, I agree to the terms and conditions described in the Facility Rental and Use Agreement developed by the Board of Education and will abide by the rules set forth therein.

(Person checking out Key Fob)

AGREEMENT AND RELEASE OF LIABILITY

1. In consideration of gaining membership or being allowed to participate in the activities and programs of the *Starmont Community School District* and to use its facilities, equipment, and machinery, in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge the *Starmont Community School District* and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above-mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities or the use of any equipment at *Starmont Community School District*. _____ **(please initial)**

2. I understand and am aware that strength, feasibility, and aerobic exercise, including the use of equipment, are potentially hazardous activities. I also understand that fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death. _____ **(please initial)**

3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of the activities and programs of the *Starmont Community School District* or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's permission to participate, or that I have decided to participate in activity and/or use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation in activities, and utilization of equipment and machinery in my activities. _____ **(please initial)**

4. I have received and reviewed the Facility Use Procedures as approved by the Board of Education on November 13, 2017. _____ **(please initial)**

Date: _____

Signature