

Remsen-Union Community Fitness Center Use Agreement

User/Family: _____ Phone: _____

Address: _____

The Remsen-Union School District, hereinafter, agency, will allow user and those authorized by user as participants to use the fitness room titled above.

Conditions of use:

- User and participants will limit use of the fitness room to the hours of 6pm – 11 pm Monday – Friday and 12pm – 11pm Saturday and Sunday. School may terminate use of premises at any time without advance notice.
- User agrees to abide by the RU Fitness and Weight Room rules and guidelines.
- Pay an annual fee of \$50 per year for a single individual and \$75 per year for a family (due at the time of registration).
- The community member will be given a key fob to gain access. (Replacement cost will be \$25).
- Not allow minors (birth to graduation) to accompany any participant or use equipment unless the student is in 7th grade or above and accompanied by a parent who is a member.
- User agrees to be responsible for any physical damage or loss to premises, except ordinary wear and tear, caused by user or user's participants.
- Weight room privileges can be terminated at any time, if the Remsen-Union school district becomes aware of any improper misuse of the weight room facility.

Indemnity and Waiver – User, individually and on behalf of each participant, shall indemnify, defend and hold harmless, the RU CSD, its officers, agents and employees, from all claims, suits or actions of any nature arising from the use of the fitness room by user or user's participants. User shall obtain at user's expense and keep in effect during the term of this agreement, General Liability covering bodily and property damage. This insurance shall include contractual liability coverage from indemnity provided under this agreement.

User and each user participant agree that they use the fitness room at their own risk and are not employees of the Agency nor paid by the Agency during the time they use the fitness room.

User and each user participant understand there is risk of injury in participating in the use of the fitness room and equipment therein. By signing below, User, individually, and on behalf of each participant in the User's group understand this assumption of risk and agree to the conditions listed above.

Authorized User Signature _____ Date _____

Authorized Agency Signature _____ Date _____

Remsen-Union Fitness and Weight Room Rules and Guidelines

- All members must present a valid FOB upon entry. NO EXCEPTIONS!!!
- Entry to and from the facility must be through controlled access points only.
- Members attempting to help non-members illegally enter the facilities will have their FOB suspended and risk forfeiture of membership.
- The areas within and around the RU Fitness Center are gum, tobacco, alcohol and drug-free areas.
- Place trash in the appropriate receptacles provided.
- Please secure personal items in designated areas. The RU Fitness Center cannot guarantee the security of valuables or personal items left in the area.
- All lost and found items are saved and stored for one week in the high school office.
- The RU Fitness facilities or programs may not be used for personal monetary gain.
- The facility or a portion of may be closed to members and guests on occasion for maintenance or select events.
- Report all equipment, maintenance, safety problems, or issues to RU staff or high school office immediately. Do not use the equipment if you are in doubt.
- Language and behavior should be appropriate for a public setting.
- Turn off lights if you are the last one to leave the fitness room.
- No minors are allowed unless during RU coach supervised team sessions OR students going in 7th grade and above may use the fitness center if accompanied by a parent who has a family membership.
- Membership privileges may be revoked or suspended for policy violation at any time.
- Consult a physician before beginning any exercise program.
- Proper workout attire is mandatory for participation in the RU Fitness Center. No open-toed shoes are allowed and shirts must be worn.
- The weights and machines should be used with care. Dropping the weights and weight stacks can cause injury and equipment damage. Please return all weights, dumbbells and bars to the proper rack.
- Each person is allowed to have one set of dumbbells off the rack.
- Individuals using free weights are strongly encouraged to use collars and have a spotter.
- Users should be courteous to others by limiting the length of their workouts on a machine when others are waiting.
- Cardiovascular machines will be limited to 30-minute sessions during high usage hours.
- Please clean and wipe off equipment/upholstery after each use.
- RU staff reserves the right to implement any rules or guidelines that protect the health, safety and well-being of the facility and its users.