

## 2022-23 School District of Tomahawk Fitness Center

**Public Availability:** The fitness center will be available for public use between the hours of 6:00 am through 7:30 am M-F on days that school is in session. With the understanding that there may be certain days when the fitness center will need to be closed to public use to accommodate our athletic teams. These times will be posted and communicated at least two weeks in advance.

**Staff Availability:** School District of Tomahawk Staff Members and their family (Significant other and children above age 12) are welcome to use the fitness center (family must be accompanied by the staff member at all times) free of charge anytime during the times of 6:00 am through 6:00 pm M-F. **Use during the school day (7:45 AM - 3:45 PM) is limited to staff members only and must coincide with your designated prep and/or lunch times.**

**Public Participant Requirements and Fees:** All Tomahawk residents that wish to use the fitness center will need to sign a waiver (that includes permission for the District to conduct a background check) and pay a fee of either \$10.00/month or \$90.00/school year. Once completed, you will receive an ID badge that will need to be presented to the Weight room supervisor upon entry.

**Locker Room Availability:** The pool locker rooms will be available for public use during these designated times.

### **Fitness Center Rules and Regulations:**

1. Must have submitted a signed and submitted a *Waiver of Liability, Release of Claims and Indemnification User Agreement* with the Activities Director prior to using the facility.
2. Must wear a pair of shoes designated for indoor use. No street shoes.
3. Drugs, alcohol, and tobacco products are strictly prohibited.
4. Spotters and safety collars are required in the free-weight area.
5. All weights and equipment will be returned to their appropriate places.
6. Food and drinks are prohibited, with the exception of water bottles.
7. No music without the use of earbuds/phones. (Exception for school athletic teams using the facility as part of an official team exercise.)
8. All equipment must be wiped down with available disinfectant wipes, towels or sprays after each use.
9. No chalk is allowed.
10. Athletic bags are not allowed inside the fitness center.
11. Proper use of all equipment is mandatory at all times, including the prohibition of dropping or slamming weights.

