

**3034**  
**Weight Room Regulations**

The Loomis Board of Education authorizes public access to the weight room, subject to the stipulations listed below. This policy is an addendum to the existing rental policy and all other policies which dictate the use of the Loomis School Facilities.

In order to insure that public access is manageable, the following criteria have been established as the basis for regulation:

- A. The Loomis Board of Education will issue a key to the weight room to any individual meeting the following criteria:
  - 1. Must be at least 19 years of age
  - 2. Only one key per family unit. College students are considered part of their family unit until they establish a permanent residence.
  
- B. The following regulations will apply to usage of the weight facility for all keyholders and family members of keyholders:
  - 1. The weight room will close at 10:00 p.m. each evening
  - 2. There will be no food or beverages in the weight room
  - 3. The keyholder is responsible for securing the facility when leaving
  - 4. Individuals may utilize the facility unless intending to bench press, then two persons must be present.
  - 5. The keyholder is responsible for all damage or theft
  - 6. Keys may not be transferred to other persons except for a family unit member of legal age
  - 7. The keyholder or a person of the legal age limit must be present at all time
  - 8. All damage shall be reported to the Superintendent as soon as possible

10. All entry to the weight room shall be from the outside entrance
11. The weight room will be open from 7:00 a.m. - 2:00 p.m. during school hours, but school use has priority. Entry is from the outside entrance at all times.

We utilize a keycard entry system on our weight room door. There is a card reader located on the door. The reader will sound when your card has been detected and the door will unlock. Your entrance into the weight room is electronically recorded each time you use the key.

One key will be issued per family and a \$10 deposit is required. The deposit will be refunded to the keyholder if and when the key is returned to the school. If the key is lost or destroyed another \$10 deposit will be required.

The violation of any of the above regulations will cause the keyholder to forfeit his/her key. The electronic keys can be shut off at any time by the administration.

The keyholder shall become an agent of the district for insurance purposes and shall be responsible as a supervisor. All key holders will sign an attest that they have received the regulations and understand their responsibility.

Adopted on: October 14, 2013

Revised on: September 14, 2015

Revised on: June 13, 2016

Reviewed on: \_\_\_\_\_

**Loomis Public Schools  
Weight Room Application and Agreement**

Pursuant to Loomis Public Schools ("District") board policy, the district permits patrons to use certain district facilities on an individual, non-commercial basis upon only one application and upon signing a release, waiver, and agreement. These facilities include: weight room only. All other facility uses must be approved pursuant to the District's facility use policies and practices.

\_\_\_\_\_  
Applicant Last Name                      First Name                      Middle Initial

\_\_\_\_\_  
Street Address                      City                      State                      Zip

Birth date: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Name of Emergency Contact: \_\_\_\_\_

- Home Phone: \_\_\_\_\_ Work : \_\_\_\_\_ Cell: \_\_\_\_\_
- Relationship of Emergency Contact: \_\_\_\_\_
- Email of Emergency Contact: \_\_\_\_\_

**Key #** \_\_\_\_\_

**Rules and Regulations:** By signing this Agreement, you acknowledge that the District may establish rules and regulations governing the conduct of guests using the facilities, and you agree to follow them. These include but are not limited to hours of availability, limitations on use of amenities and/or equipment, and limitation of access upon no notice to the Applicant.

**Services and Access:** The District agrees to provide you with use of the facilities and equipment available in the facilities. The District reserves the right to add or delete services, amenities, and hours. You will be provided a key to access the facilities. The annual cost for the key and access is \$\_\_\_\_\_.

**Superior Interest in Usage.** The primary use of the facilities is for District students and programs. The District reserves the right to close the facilities, in whole or any part, to outside use at any time and without notice to Applicant when, in the judgment of the District, it will benefit the students and programs of the District.

**Compliance with Laws:** In performing under this Agreement, all applicable governmental laws, regulations, orders, and other rules of duly-constituted

authority will be followed and complied with in all respects by both parties. The Applicant understands this may limit access to the facilities with no notice provided to the Applicant.

**Video Monitoring and Other Security Measures.** The District uses security measures such as video cameras on its property and makes recordings as part of its security processes. Video cameras may be used in locations deemed appropriate by the District. The Applicant consents to these security measures.

### **RELEASE, WAIVER AND INDEMNIFICATION OF CLAIMS FOR USE OF THE SCHOOL DISTRICT'S FITNESS CENTER**

I, the undersigned, have read this release and understand all its terms. I execute it voluntarily and with full knowledge of its significance. I UNDERSTAND THAT IT CONTAINS A RELEASE OF LIABILITY AND AN INDEMNIFICATION.

**Declaration.** I do hereby declare myself to be physically sound and suffering from no condition, impairment, or other illness that would prevent my safe participation or use of the facilities and equipment. I do further hereby acknowledge that I must obtain a Physician's approval for my participation in activities at the facilities, including the use of equipment. I acknowledge that I have either had a physical examination and have been given my Physician's permission to participate, OR that I have decided to utilize the facilities without the approval of a Physician and do hereby assume all responsibilities.

**Acknowledgment of Risks.** I understand and agree that fitness activities, equipment, and amenities available at the facilities may be strenuous and/or hazardous and I should contact a healthcare professional or doctor before beginning any activities. **I am voluntarily participating in these activities and using the facilities and equipment with full knowledge of the dangers involved.** I understand the risks associated with weight lifting and other available exercise amenities in the facilities, including cardiovascular and other fitness activities, and that those risks include, but are not limited to, the possibility of muscle strain, broken bones, back injury or head injury, which may be severe in nature and which could result in paralysis or even death. **I hereby agree to expressly and voluntarily assume and accept any and all risks of injury or death related to these activities.**

**Release, Waiver and Indemnification.** In consideration of permission granted by the District to use the District's facilities, and in the addition to any payment of any fees or charges, I do hereby waive, release and forever discharge the District, its board of education, officers, agents and employees from all actions, causes of action, damages, claims or demands that we, our heirs, executors, administrators, or assigns may have against

the District and the parties named above for all personal injuries or loss of property which I incur by using the facilities and equipment or that otherwise result from my participation in any activities, whether such injuries are caused by my negligence or the negligence of the District or any of its employees, representatives, or volunteers. I agree to indemnify the District, its board of education, officers, agents, and employees and to pay for any costs, attorney fees, or awards that may result from resisting any complaint or lawsuit which I may bring against the above-named parties for any injury or loss I claim to have suffered.

**Responsibility for Supervision.** I understand that the facilities will be available to me only during hours designated by the administration, and that I am responsible for my own use of facilities and equipment at all times. I will inspect the facilities and equipment upon each visit before using any equipment. The District provides no training, supervision, or assistance.

**Compliance with Rules.** I agree to abide by all District rules, regulations, and policies now in force or that may be adopted in the future, and all directives given to me pertaining to the use of the fitness center.

**THIS DOCUMENT CONTAINS A RELEASE, A WAIVER AND AN INDEMNIFICATION. READ IT CAREFULLY BEFORE SIGNING IT.**

Clearly PRINT the following information:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**PARENT OR GUARDIAN IF USER IS UNDER AGE 19:**

We, the undersigned, have read this Application and Release and understand all its terms. We execute it voluntarily and with full knowledge of its significance. WE UNDERSTAND THAT IT CONTAINS A RELEASE OF LIABILITY AND AN INDEMNIFICATION FOR OURSELVES AND OUR CHILD.

Clearly PRINT the following information:

Child's Name: \_\_\_\_\_

Child's Birthdate: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mother's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **WEIGHT ROOM SAFETY PROCEDURES LOOMIS PUBLIC SCHOOLS**

The Loomis Public School District is providing a public weight room and therefore must establish safety regulations for those concerned. Following are said regulations:

1. Individuals may utilize the facility unless they intend to bench press, then two people must be present.
2. All persons must be aware of their capabilities and must not attempt to lift an unreasonable amount of weight.
3. Those person interested in aerobic exercises, utilizing stationary bicycles or step machines, need to be aware of their physical conditioning and anyone over the age of 40 should see their doctor prior to beginning any rigorous training exercises.
4. All persons on a weight machine or barbell regimen must be aware of too much exercise and must take caution in exceeding their physical capabilities with too much lifting over an extended period of time.
5. No weights should be lifted next to electrical sockets, fixtures, switches or the furnace.
6. No weights or machines are to be moved around nor should more than one person at a time attempt to use a machine.
7. All persons utilizing the weight room should be aware of the possibility of ice on the steps leading to the room.
8. No person should attempt to use a broken or defective machine. All damage is to be reported immediately for the safety of others.
9. Food or drink is not to be used in the weight room, as spillage may cause dangerous floor conditions.
10. The weight machines are not crawling toys and are dangerous when used for reasons other than they were designed for.
11. Pregnant women should use caution in any exercise program.

Other safety procedures may be established as conditions warrant.. Any patron disregarding any safety procedures for the use of the weight room must assume individual risk and liability.