



Rushford-Peterson Public Schools

FITNESS CENTER RULES & ETIQUETTE

Guidelines and Personal Responsibility:

- Members use the facilities and equipment at their own risk.
- R-P Fitness Center is not responsible for personal injuries or lost/stolen items.
- Members should consult a physician before beginning a course of exercise.
- Members must adhere to all rules, eligibility criteria, and posted signs.
- All Rushford-Peterson Public Schools District policies are applicable in the Fitness Center.

Member/Coach Code of Conduct:

Members are required to conduct themselves in a respectful and cooperative manner while utilizing the Fitness Center. Any disruptive or inappropriate behavior, verbal/written/physical harassment, intimidation, threats of violence, obscene language, or offensive conduct will not be tolerated.

Keep in mind, the R-P Fitness Center is a “shared space”... BE COURTEOUS!

- Many participants are trying to concentrate on their workout so avoid excessive talking.
- Please limit cell phone conversations.
- Use of camera or video is prohibited in the facility out of respect for personal privacy.
- Refrain from yelling during exercise. Recurring or sudden outbursts are seen as rude.
- **NO PROFANITY!**
- Discard trash and remove personal items from equipment.

Weight Machines

- Return weight plates, dumbbells and other equipment to designated locations.
- Avoid dropping weights and do not bang weight stacks on machines.
- Take a break after each set to allow others to work in between sets.
- Members are required to use safety clamps when working with free weights.



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Equipment Use

- Observe all equipment instructions and warnings.
- Wipe clean and disinfect the equipment after each use.
- All cardiovascular equipment have a maximum of 30 minute time limit.
- Please do not reserve spots or equipment for anyone.
- The following items are acceptable to bring into the facility: lifting gloves, belts and straps.
- Do not move stationary equipment.

General Facility Rules

The Rushford-Peterson Fitness Center is a smoke-free and tobacco-free environment. Smoking or the use of any tobacco products (cigarettes, e-cigarettes, cigars, chewing tobacco, snuff, pipes, etc.) is not permitted in or on Rushford-Peterson school buildings, grounds, or parking lots.

- Unsupervised children under the age of 18 are not allowed in the fitness center. R-P Students in Grades 7-12 are allowed in the Fitness Center during supervised hours (Monday/Wednesday/Friday 3:30-5:00 pm), or under supervision with a R-P Activities Coach.
- No soliciting or distributing literature is allowed on the premises.
- Water bottles and covered sports drinks are allowed in the Fitness Center. All other food and beverages are prohibited.
- No coolers or glass containers are allowed.
- The use of outside personal equipment such as free weights, kettlebells, suspension straps, etc. is prohibited.
- Gym bags and jackets must be stored in the locker rooms.



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Dress Code

The goal of the dress code is to provide an inclusive, non-intimidating environment where people can be comfortable regardless of body type, shape, or size. All members are required to wear shirts, shoes and appropriate, reasonably conservative attire when working out. Management reserves the right to determine what is appropriate attire.

UNACCEPTABLE CLOTHING: Cut-off/midriff tops, altered t-shirts with deep armholes slits and/or holes, clothing with offensive wording or pictures, wearing only a sports bra,

cut-off shorts, jeans/jean shorts, excessively short shorts, sheer/lace fabrics, improperly fitted or revealing clothing.

UNACCEPTABLE SHOES: Dress or street shoes, open-toed shoes, flip-flops, sandals or crocs, boots of any kind, backless shoes, cleats.

Safety & Injury

- Always notify a staff person immediately if you experience chest pains, dizziness, excessive shortness of breath, or any other significant discomfort during your exercise.
- If you have a medical condition that may be triggered or intensified by exercise, please have your medication available to be self-administered.
- Be alert to moving equipment and other members while in the Fitness Center.
- If you are injured at the facility. An incident report will be documented and stored in the District Office.

Violations of these policies may result in immediate termination of membership privileges. Management reserves the right to change the policies and guidelines as deemed necessary for the safe and functional operation of the facility and reserves the right to refuse service to anyone. For additional information regarding any aspect of these guidelines or policies, please contact a staff member.



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Cleanup Checklist

Before you leave the weight room please make sure the following are taken care of:

- Weights are put back on plate racks (nothing left on the bar)
- All Safety clamps are off the ground and put on the plate racks
- All benches are lying flat and pushed into their respective lift station
- Dumbbells put back on the correct rack
- Kettlebells are placed neatly on the correct rack.
- Wall balls should be returned to the rack (light on top, medium in the middle, heavy on bottom)
- WIPE down equipment

There has been a substantial amount of time and money contributed to making this an excellent student/community fitness facility please respect those who utilize it.

Thank you for your time in keeping our equipment neat and clean!