

RVCSD ATHLETIC CLUB POLICIES

MEMBERSHIP PAYMENTS

All memberships are paid in full for the yearly rate. This helps keep our costs lower, and facilitates your access to the Athletic Club. Rates are as follows:

Per Student Fee - \$100

Family – May not exceed \$200 (all people living in the home)

USAGE

During the school year, the weight room will be utilized by the school from 8:00 a.m. to 5:45 p.m.

School Year Hours (Aug. 23 – end of school)

- 6:00 a.m. to 8:00 a.m. Monday-Friday
- 5:45 p.m. to 10:00 p.m. Monday, Tuesday, Thursday, Friday
- **The Athletic Club is NOT open Wednesday nights during the school year.**
- Saturday: 6:00 a.m. to 10:00 p.m.
- Sunday: 1:00 p.m. to 10:00 p.m.
- **The weight room will be closed when school is dismissed due to inclement weather.**

Summer Hours (end of school to August 23)

- Monday-Saturday: 6:00 a.m. to 10:00 p.m.
- Sunday: 1:00 p.m. to 10:00 p.m.

Prior to being issued a fob or use of the facility, parents must participate in a training session to include the proper use of the equipment and lifting/spotting techniques.

Please secure your fob key at all times. **There is a \$10 fee to replace lost or damaged fobs.** Only members with fob keys are allowed to use the facility.

Any member giving access to a non-member or expired member will automatically be charged \$20.00 security violation fee and/or will forfeit their membership.

EQUIPMENT USAGE

When using free weights, be sure to use a spotter. **Please return all free weights to racks when finished.** Gym Wipes are provided for cleaning pads after you are finished with equipment. During busy times, please allow others to work-in with you on equipment.

AGE REQUIREMENTS

Students must be in grades 9-12 in order to use the Athletic Club during non-school hours.

Students are not permitted to use the Athletic Club unless supervised by a member parent or certified staff member of the Rock Valley Community School District. Minors will not be issued a card. *Graduates participating in a sanctioned collegiate sport will be allowed to use the facility without supervision.*

Children under the age of 14 are not permitted to use the facility unless being supervised by a certified coach of RVCSD. Please make arrangements for children prior to using the Athletic Club. Adequate space is **not** available for children to sit and watch.

Parents may work out with their children while they are supervising. Parents are not allowed to use the facility without being there to supervise their children/other students).

Damage to the facility or equipment beyond normal wear and tear will be the responsibility of the person doing the damage. If the person doing the damage is not a member, the person supervising will also be responsible.

Members violating this policy will be notified by management and could lose membership privileges.

SAFETY AND SECURITY

The Athletic Club and the surrounding premises are under 24-hour recorded video surveillance. This video system is used for security purposes only in the event of a crime. The surveillance system does not protect you from harm in or on the building premises. You must use caution when entering or leaving the building.

Individuals with health problems should never exercise alone. For liability reasons and for your own security, do not admit ANY individual who does not possess a fob key, or those who have had their privileges suspended (even if they have a membership card).

Please contact the school if you feel threatened or witness suspicious activity. You agree to not let anyone in the club for any reason other than emergency personnel. Do not allow another person to enter the club with you at the same time you enter (only one person/family may enter per card scan). Your check-in is your card scan.

Do not allow anyone else to use your key card, or scan anyone in, or open the door to allow someone else in. Please make sure the door is completely closed when you enter/leave the facility. Failure to comply with the Athletic Club security policies could put yourself or others at risk for injury or harm, and could result in you losing your membership privileges.

SEVERE WEATHER

In case of tornado warning or high straight line winds, please go into the bathroom. Do not attempt to leave the building until the all clear has been issued from the NWS. Do not stay in the open part of the building where you will be unprotected from possible broken glass.

INJURY & FIRST AID

In the event that you or another individual becomes injured, you have several options:

- For minor injuries, (cuts, abrasions, etc.) a first aid kit is located in the bathroom.
- There is an AED mounted to the wall.
- For serious injuries that need medical treatment call 911.
- Report all injuries (no matter how minor) to the school office.

PARKING AND BUILDING ACCESS

It is recommended you park in the South or West parking lot. Please use caution in the parking lots and common sidewalks.

Your fob key will access the Athletic Club only. Any attempts to enter other parts of the building will result in a loss of membership.

The Emergency Door should not be opened at any time except for an emergency. If the door is opened, an alarm will sound. Anyone attempting to use the door or block the door open (except in the event of an emergency) may lose their membership privileges.

The Athletic Club closes at 10:00 pm. All members should vacate the building by this time. Cameras and the fob key card system monitor this activity and violations could result in loss of member privileges. *The lights will blink at 9:45 to warn you that the club closes in 15 minutes. The lights will automatically go out at 10:00.* Rock Valley Police Department will monitor our premises to ensure everyone's safety.

PROPER ATTIRE AND HYGIENE

Wearing exercise clothing such as shorts, sweats, tank-tops, and athletic shoes will help to make your workout more enjoyable. Please do not wear blue jeans or other clothing that has external metal parts and rigid seaming since this can cause damage to the upholstery on the equipment.

Shirts and shoes must be worn at all times in the facility. Clean shoes will be strictly enforced. Damage to the equipment, increased maintenance and cleaning will result in an increase in membership dues.

For your safety, street shoes, open toed sandals, boots, and excessive jewelry are not permitted. Clean workout clothing is required. Your clothing should be kept to a modest style since both boys and girls use the facility. Please be considerate of others.

LOST OR STOLEN ITEMS

Rock Valley CSD is not responsible for lost or stolen items. If you feel you have left something in error, please notify the school.

Valuables are best left in your locked automobile or not brought to the facility at all. If you find a lost article, please place it in the Lost & Found bucket.

TOBACCO FREE AREA

It is illegal to use tobacco or smokeless tobacco on school grounds. Help us promote healthy lifestyles; using these products (cigarettes, cigars, pipe, chewing tobacco, or snuff) in the building is not permitted.

EQUIPMENT

The club has many different types of equipment to help you achieve your fitness goals. Please ask if you are unsure how a piece of equipment works. Here is a general list of reminders about the equipment here at the club.

STRENGTH EQUIPMENT

All strength equipment is designed to perform 1 or 2 basic movements (i.e. pec deck and rear delt). Before beginning a workout with our strength equipment:

- Adjust your seat to the appropriate level.
- Adjust the weights to your appropriate level.
- Secure all loose clothing, personal stereos, and dangling jewelry.
- Abide by all posted cautions and warnings on equipment.
- Keep hands and feet away from weight stacks, moving parts, and cables while in motion.
- Use appropriate hand and foot grips.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Do not try to adjust or modify the equipment with additional weight, cables, or the like.
- Do not bang or drop the weight stacks.

FREE WEIGHTS

Free weights are designed to give you total range of motion in a movement. Free weights include the dumbbells, barbells, kettle balls, weight plates, and racks. Before beginning a workout with our free weights:

- Secure all loose clothing, personal stereos, and dangling jewelry.
- Adjust the weights to your appropriate level.
- Abide by all posted cautions and warning on equipment.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Always lift with a spotter (someone who is able to assist you with the weight). If you are lifting alone and during non-staffed hours, never try to lift weight on a bench that you cannot lift.
- NEVER drop or throw weights. Use appropriate bar racks and standards.
- Always replace weights when finished. Weights on the floor present a tripping hazard.