

Panther Community Fitness Center – Rules and Regulations As of 04/17/17

Available: weight room, cardio room, main lobby, bathrooms in main lobby, cubbies in main lobby, lockers in north hallway, key provided for locker

Not available: Varsity gym (other than during Wednesday night open gym night), rock wall, high ropes course, concession stand, ear buds/phones and access to any other area of the school buildings (locker rooms, sports equipment room, elementary school, etc.)

Supervision – students must be supervised at all times by a teacher, coach or parent/guardian

Age –

1. Minimum requirement for access is the sixth grade after the applicable physical education curriculum unit.
2. All graduates of PSD must have supervision until September 1st of their graduating year. There is no cost to the graduate during this period. After September 1 they may purchase a College Student Membership (evidence of college id) or an Individual Membership

General rules and regulations –

1. Training on safe use of the equipment is required prior to use. All new members will be required to attend an orientation session or complete online training.
2. All Adult patrons must sign a *Waiver of Liability, Release of Claims, and Indemnification User Agreement*.
3. Students in Grades 6-12 must sign the *Panther Community Fitness Center Rules and Regulations*
4. All Patrons during Community hours of operation must sign in and out on the *User's Log* each time they use the PCFC, this includes students and staff
5. Drugs, alcohol, and tobacco products are strictly prohibited
6. Spotters and safety collars are required in the free weight room
7. All weights and equipment will be returned to their appropriate places
8. Food and drinks are prohibited, with the exception of bottled water
9. Proper attire is required:
 - a. If not listed specifically, then school appropriate attire is required
 - b. Tennis shoes for indoor use only
 - c. Shirts must cover the entire torso area, sleeveless shirts are allowed if properly hemmed.
 - d. Tank tops should meet the 3 finger width test
 - e. Shorts/pants must be worn at waist level, no skin should be visible when sitting
 - f. No cut off or cut out clothes are permitted.

- g. No undergarment should be visible
- h. All PSD students are required to also follow the dress code per the Student Handbook
- 10.No music without the use of ear buds/phones
- 11.All equipment must be wiped down with available disinfectant wipes, towels or sprays after each use
- 12.No chalk is allowed
- 13.Athletic bags are not allowed inside the weight room or cardio room
- 14.All rules of common sense and appropriate behavior are expected at all times concerning horseplay, cursing, spitting, harassment, etc.
- 15.Proper use of all equipment is mandatory at all times, including the prohibition of dropping or slamming of weights
- 16.Staff is allowed to use the PCFC during school hours with the consent of the physical education instructor or administration.
- 17.Use of the PCFC by athletic teams takes precedence over individual use
- 18.PCFC will have a staff member present during Community hours of operation

Who is eligible for using PCFC:

- 1. Residents
- 2. Open enrolled students' (Grades 6-12) immediate family members
- 3. Students currently enrolled (resident and open enrolled) in Grades 6-12 in the PSD. These students may use the PCFC at no cost.
- 4. Current staff members are permitted PCFC use at no cost; spouse at individual rate.
- 5. Non-residents who pay taxes in the PSD (i.e. business owner) – may be required to show evidence

For Students Grades 6 – 12:

I agree to follow all rules and regulations in regards to the PCFC as set forth in this document. The School District of Pittsville Board of Education is responsible for establishing all rules and regulations for the use of the PCFC. The Board of Education reserves the right to review and amend rules as appropriate.

Print Name: _____

Sign Name: _____

Date Signed: _____