

Nevis School Fitness Center Facility Use Policies

The Nevis Fitness Center is owned and operated by the Nevis School District. It is available for public use except when school is in session. Use of the facility by Nevis School District sports teams takes precedence over public use. All members are required to adhere to the following Fitness Center policies:

1. Membership dues are \$25.00 per single month or \$20.00 per month when purchased in set of three months or more. All fees must be prepaid.
2. Full privilege memberships are available to individuals over the age of 18. Restricted student memberships are available to those 16 and older. Sixteen and 17-year-olds with memberships must leave the Fitness Center by 7:30 p.m., unless accompanied by their member parent.
3. Membership is required and you must scan your key card every time you enter. Access cards are not transferrable, nor may multiple people use a single card for access.
4. The membership key card is to be returned to the District Office after your membership has expired. A \$10.00 replacement fee will be charged if the card becomes damaged, lost or unusable.
5. If you have any medical conditions inhibiting exercise, you are responsible to take all the necessary precautions and assume any and all risks.
6. Exercise is voluntary and performed at your own risk.
7. If you should incur an injury at the Nevis Public School Fitness Center, you acknowledge it is your responsibility to seek appropriate care.
8. **Members must wear appropriate attire at all times. Sweatpants or shorts, socks, shoes and t-shirts must be worn. Clothing with belts, buckles, snaps, etc. should not be used as they can damage the equipment. Clothing containing offensive words or graphics is not allowed.**

9. Shoes must be worn during workouts. Shoes must be clean, dry, and free of sand. Boot or street shoes are not to be worn while using the Fitness Center equipment.
10. **Profanity is not allowed.**
11. If others are waiting, please limit your time on any one piece of equipment to no more than 30 minutes.
12. Locker facilities are not available.
13. Nevis Public School is not responsible for any property lost, stolen or damaged while you are using the facility.
14. You are to use the equipment as intended. Misuse may result in damage which you will be responsible for the cost to repair.
15. Malfunctioning equipment is to be reported to the District Office using forms available at the Fitness Center. Do not attempt to fix it yourself.
16. Free weights can only be used when a spotter (some who is able to assist you with the weight) is present. No one is allowed to lift alone. Failure to comply will result in loss of members.
17. Members must understand how to correctly use the fitness equipment. Please read the general list of reminders on the use of different pieces of fitness equipment available at the Fitness Center.
18. Spray cleaner and rags are available to wipe down the machines after use. Each member is asked to help keep the equipment in good working order by cleaning after use.
19. Penalty for breaking these and other posted rules will be loss of membership. Refunds will not be issued.