



***Healthy Body, Healthy Mind***

## ***Guidelines & Rules***

Rules and regulations will be clearly posted and must be followed at all times when using the fitness center. Those individuals not complying with the rules will be asked to leave the facility and may have membership privileges suspended.

1. The Fitness Center will be open 5:45-7:00 AM Monday-Friday, 3:30-7:30 PM Monday through Thursday and 8:00-11:00 AM on Saturdays.
2. Proper identification is mandatory once entering the building.
3. All Greenfield School District staff, students and community participants must first complete a membership enrollment form and attend an orientation before using the fitness center.
4. Please check in at the desk prior to your workout. The minimum grade level for admission is ninth grade.
5. Follow all safety guidelines. Respect the rights of others and be courteous when using the facility.
6. Limit time on the cardio equipment to thirty (30) minutes.
7. Wear proper athletic attire, i.e., shirts, shorts, sweats, and gym shoes. Check to make sure what you are wearing will not damage the upholstery. Loose or dangling jewelry is not allowed.
8. Help keep the area clean. Food, beverages and gum are not allowed. Water bottles are allowed as long as they are able to be resealed. Bottles left overnight will be thrown away.
9. The fitness staff has authority over all room conduct and the use of equipment.
10. Wipe down machines after each use.
11. Immediately report any facility related injury or facility/equipment problem to the supervisor on duty.
12. Return equipment to designated areas.
13. Ask questions regarding proper use of equipment. Keep fingers, feet, etc. clear of moving parts on the machines.
14. In-season high school athletic teams accompanied by a coach will have use of the equipment on school days from 3:15-8:00 pm.
15. Shower and locker facilities are available.
16. Fitness center music and television is controlled by the attendant.
17. Anyone who refuses to follow the established guidelines will be denied the opportunity to use the facility.