

# Red Raider Community Fitness Facility



## Member Guide

### Hours of Operation

#### Community Hours

Monday - Friday 5:30am - 7:15am

Monday - Thursday 5:30pm - 8:00pm

#### Student Athlete Hours

Monday - Friday 3:00pm - 5:30pm

Closed Weekends and Holidays

## **Welcome to membership in the Red Raider Community Fitness Facility.**

In this guide, you will find valuable information about the Community Fitness Facility. We hope your experience using the facility brings you increased health and happiness.

### **Membership**

There is no fee to use the fitness facility, however, there is a \$10 fee to purchase a key fob. Membership forms and key fobs will be processed through the PACE Office.

### **Location - Entrance - Parking**

The Fitness Facility is located on the 2nd floor of Pulaski High School.

Please use the parking lot by the tennis courts and enter through door 6 on the north end of the building.

### **Dress - Apparel**

We encourage you to dress appropriately for your workout. Gym shoes and workout clothes are appropriate.

### **Music - TV**

The Fitness Facility is equipped with a stereo system. Facility staff will be in charge of selecting appropriate music. While using the aerobic equipment (treadmills, bikes, stepper etc.) there is also an option to watch TV.

### **Inclement Weather - Snow Days**

It may be necessary to close the fitness facility during inclement weather. The closing of the Community Fitness Facility depends on whether or not it is safe for staff to travel to open the facility. The rule of thumb is if it is unsafe for general travel, it is likely the Fitness Facility will be closed. If the Pulaski Community School District cancels school due to inclement weather, the Fitness Facility will also be closed.

### **Safety**

The safety of the individuals using the Fitness Facility and the exercise equipment is a priority. If you do not know how to use a piece of equipment, please ask a staff member. Each piece of equipment has a QR Code linked to a short video.

### **Staff**

The fitness facility is managed by a strength and conditioning coach. There are also paid supervisory staff, however, they are not trained fitness professionals. Their duties are to effectively manage the fitness facility during community hours. They do have limited knowledge on the operation of the equipment.

### **Expectations**

All members of the Community Fitness Facility are expected adhere to the following:

- Must sign in to use the facility.
- Only water is allowed in the facility.
- Wipe down equipment after use.
- During community hours, children in grades 6-8 may use the fitness facility only when accompanied by a parent. The parent must remain in the fitness facility at all times. No other children are allowed.
- Bathrooms for fitness facility members are available on the second floor outside of the Math Pod.

# Red Raider Community Fitness Facility Membership Form

Member's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

I am a resident of the Pulaski Community School District

I work for the Pulaski Community School District

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\_\_\_\_\_ Bathrooms for fitness facility members are available on the second floor outside of the Math Pod.

## Liability Statement

An adult must sign below. The signature of a parent/guardian is required for youth registration. I, the undersigned or parent/guardian of the individual(s) named below, do hereby agree to indemnify and hold harmless the Pulaski Community School District and its employees, officers and agents from and against any and all liability resulting from participation in the activities listed below. I understand that the program(s) in which I am enrolling, like all activity programs, has some inherent risk, for which I agree to assume the liability. Furthermore, the individuals named herein are in good physical health appropriate for the activities in which they will be participating. I understand that the Pulaski Community School District does not provide accident insurance and additional supports.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

