

## H-LP WELLNESS CENTER RULES AND REGULATIONS

- Please wear street shoes to our facility and then change into your workout shoes in the entry way. This is an effort to help keep our facility clean and help keep the machines from breaking down.
- Video surveillance cameras are recording at all times
- Anyone caught vandalizing will be prosecuted
- If you allow a non-paying member to enter the wellness center or let them use your key card, your membership will be suspended for one year without refund
- No students under the age of 18 (or still in high school) are allowed unless supervised by a coach, teacher or parent. Students of H-LP can use the wellness center during the school day if supervised by a teacher or coach. During non-school hours, students must have a family membership and be with a parent to use the wellness center. If an H-LP student would like to use the wellness center and they don't have a membership, they must be with a wellness member parent and pay a \$5 fee for each use. The fee can be paid in a drop box located in the wellness center
- College Students will need to purchase a wellness membership to use the Wellness Center. No exceptions.
- Visitors are allowed in the Wellness Center ONE TIME for a fee of \$5. You must be with a Wellness Member. Please put fee in drop box. If you would like to use the Wellness Center after your One Time visit, you must purchase a membership
- As a safety concern and a courtesy to the other wellness members, please keep children from climbing on the machines and occupying them for long periods of time.
- You will need to use your key card and enter the Wellness Center from the exterior east door. The interior door from the hallways to the Wellness Center will be locked at all times.
- Your Wellness Center membership allows you access to the Wellness Center only. Not the gymnasium or hallways.
- During the school day there may be periodic use of the Wellness Center by PE classes or sports teams
- Please help keep the Wellness Center clean. Pick up all trash and debris
- Please wipe down equipment when finished
- There is a 30 minute time limit on cardiovascular machines
- Return and rack weights when finished. This will be monitored closely. If this becomes a problem, you will be warned the 1<sup>st</sup> time and if it continues, your access will be revoked for a month without refund.

- The Wellness Center is not responsible for any lost or stolen items
- Food is not allowed in the Wellness Center
- Respect fellow members at all times
- Please contact the High School office with any questions or concerns. 712-832-3809
- Thank you for your support of the Wellness Center. Have fun and enjoy your work-outs!

I hereby agree to hold the Harris-Lake Park School District, its employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever may arise by or in connection with participation of my family members listed below in any activities related to the Harris-Lake Park School Wellness Center. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Date\_\_\_\_\_

Single or Family Membership (circle)

List of names for Wellness Center use (Please Print):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

e-mail address:\_\_\_\_\_

Phone # \_\_\_\_\_

\_\_\_\_\_  
Signature of Wellness Member

(office use) Key card # \_\_\_\_\_