

Rio Community School District Weight Room Waiver

Purpose

The primary purpose of the weight room is to provide students with a safe and effective space to enhance their physical fitness, strength, and conditioning. This policy is designed to ensure the safety, well-being, and proper use of the equipment for all users, including students and community members of the Rio Community School District.

Eligibility

The weight room is open to all adults who are registered and have submitted this required form to the Rio MS/HS office. Community members and residents of the Rio Community School District are allowed to use the weight room during designated non-school hours as long as the school is open. Only students are allowed to use the weight room during school hours.

General Guidelines

1. Hours of Operation:

- The weight room is available Monday through Friday, from 4:00 PM to 8:00 PM. **Students & Adults:** 4:00 PM – 6:00 PM (supervised by district staff). **Adults only:** 6:00 PM – 8:00 PM. Access may vary based on school events, gym schedules, or coach availability.
- A schedule of available hours will be posted on the door to the weight room and school website.
- Community members should not enter the weight room outside of designated times unless approved by the Athletic Director.
- Everyone must sign in before using the weight room.

2. Behavior and Conduct:

- All users are expected to act respectfully and responsibly.
- Disruptive or unsafe behavior will not be tolerated. Failure to follow the rules may result in loss of weight room privileges.
- Keep the music volume at a level that allows everyone to focus and communicate without distractions. If you need extra motivation, use headphones or earphones.

3. Dress Code:

- Proper athletic attire is required (e.g., athletic shoes, shorts, t-shirts).
- Open-toed shoes, sandals, and clothing with offensive logos or language are not permitted.

4. Safety Guidelines:

- Users must follow all posted instructions for equipment use and are encouraged to ask for assistance if unsure about the proper technique.
- Spotters are required when lifting heavy weights.
- Always use collars on free weights to prevent plates from slipping.

5. Cleanliness:

- Please wipe down equipment after use with the provided disinfectant wipes or spray.
- Return all weights and equipment to their designated locations after use.
- No food is allowed in the weight room. Drinks must be in a leakproof container.
- Dispose of trash in the proper bins.

6. Equipment Use:

- Always inspect equipment before use to ensure it is in good condition. Report any issues or broken equipment to a coach or staff member immediately.
- Use equipment only for its intended purpose. Avoid "improvising" or using machines in ways that they were not designed for.

7. Health and Fitness Guidelines:

- Before beginning any new workout or lifting routine, consult with your coach, fitness professional, or primary health care provider to ensure it is appropriate for your fitness level.
- If you experience any injury or discomfort, stop immediately and seek assistance from a coach, fitness professional, or primary health care provider.

Violations of Policy

Any violation of the weight room policy will result in a warning. Repeated violations may lead to temporary or permanent suspension of weight room privileges. Serious violations, including unsafe or inappropriate behavior, may result in immediate removal from the weight room.

Liability and Consent

By using the weight room, all users acknowledge the inherent risks of strength training and agree to hold Rio Community School District harmless in the event of injury or accident.

Conclusion

Our goal is to maintain a safe, productive, and respectful environment for all who use the weight room. We appreciate your cooperation and commitment to upholding these guidelines.

If you have any questions about the policy or need additional information, please reach out to the Athletic Director or other designated school administrator.

Signature: I, the undersigned, acknowledge that I have read and agree to abide by the Weight Room Member Policy of Rio Community School District. Failure to follow any of the above rules may lead to temporary or permanent suspension of weight room privileges.

Signature: _____

Print Name: _____ **Date:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Email:** _____

Emergency Contact

First Name: _____ **Last Name:** _____

Phone Number: _____ **Relationship:** _____

Do not print this page! For later use:

-----Administrative Use-----

- ☐ Paid \$50 annual fee
- ☐ Date _____
- ☐ Notify Athletic Director & Weightroom Supervisor