

Gym and Fitness Center Guidelines Students and Community

All usage times and guidelines will be reevaluated June 2017

Fitness Center:

- High school students who have a signed permission form can use the Fitness Center from 6:00 AM-5:00 PM Monday through Friday, and Saturday and Sunday from 6:00 AM - 5:00 PM
- Middle school students can use the Fitness Center with parent supervision from 6:00 AM - 7:30 AM and 3:00 - 5:00 PM Monday through Friday, and Saturday and Sunday from 6:00 AM - 5:00 PM
- ISY parents and alumni are able to use the Fitness Center from 6:00 AM - 7:30 AM Monday through Friday, and Saturday and Sunday from 6:00 AM to 5:00 PM
- High school students are encouraged to use the facilities in pairs so that they can help one another

Fitness Center Guidelines:

- Music must be played through headphones
- Handle weights with care
- A spotter must be used on all free lifting stations
- Use a weight belt on all overhead lifts and squat
- Report any injuries to security
- Safety collars must be used on the Olympic bars at all times
- Always use a spotter during appropriate lifts. Spotters should be as focused on the lift as the person performing the exercise
- Return weights to appropriate storage racks after use. Weights should never be placed on the floor or up against the equipment
- Wipe down the equipment after use
- Clear all plates from the Olympic bars when not in use
- The use of profanity is strictly prohibited
- Athletic attire [i.e., shorts, sweatpants, t-shirts (covering the entire back, chest & torso) tennis shoes, etc.] and proper undergarments are required in the Fitness room
- No jeans, khakis, bathing suit tops, tank tops, flip-flops, sandals, bare feet, allowed.
- Jewelry should not be worn
- No food or drink except water is permitted in the facility
- Never distract or interfere with someone who is performing an exercise

Gym (Courts)

- The gym is open to middle and high school students Monday through Friday from 7:30 AM - 5:00 PM
- Middle school and high school students must check-in with PE staff prior to

using the gym to ensure that it is available

- All scheduled activities take precedence to drop in use
- The gym is not open on weekends unless scheduled in advance through Mr. Just

Gym Guidelines:

- Sports shoes must be worn when using the gym. People with sandals and non-sports shoes may watch from the black areas
- No food or drink except water is permitted in the facility
- Put away equipment when you are finished
- The shooting machines and sound systems are off limits