



PUMA POWERHOUSE

Rules and Procedures



Community Access Hours

- Monday to Friday: 4:00 a.m. - 7:00 a.m. and 5:00 p.m. - 9:00 p.m.
- Saturday and Sunday: 4:00 a.m. - 9:00 p.m.
- Occasional closures will be posted on the doors and on District Social Media accounts

Puma PowerHouse User Requirements

- Proof of School District of Poynette residency (e.g., Driver's License, ID card) required.
- Use of the PowerHouse is limited to adults that are 18 or older (non-students) during community hours.
- Any student must be accompanied by an adult (18 or older, non-student) when using the Fitness Center during community hours. One adult can be responsible for no more than 5 minors at a time.
- \$10 fee for the issuance of a key FOB (one per family). Refundable if returned within 30 days
- No propping of doors.
- Do not allow unauthorized users entrance into the building or the facility.

Expectations Centered on Respect and Cooperation

- Loud, disruptive, or abusive behavior will not be tolerated.
- Non-compliance may lead to removal and access revocation.

Cardio Equipment Usage

- First-come, first-served basis.
- Limit use to 30 minutes when others are waiting.
- Wipe down equipment after use.

Weightlifting Expectations

- Re-rack your dumbbells and weight plates.
- Use a spotter for applicable lifts.
- Do not slam or drop weights.
- Return all equipment to its proper location

Health and Safety

- Do not train with a contagious illness.
- Use disinfectant and paper towels to clean equipment after use.
- Only water or sports drinks are allowed in the center.
- Recycle water or sports drink bottles and pick up after yourself.
- Automated external defibrillator (AED) is available in the hallway near the west gym entrance

Attire

- Proper athletic attire is mandatory.
- Acceptable attire: clean sneakers, athletic pants/shorts, and shirts.
- No bare feet or sandals allowed.

Inclement Weather

- Closed during inclement weather and class cancellations.

Fire Alarms

- Evacuate the building immediately in case of a fire alarm.

Non-Discrimination Policy

- The School District of Poynette does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status, sexual orientation, or disability.