

BYRON-BERGEN CENTRAL SCHOOL DISTRICT

FITNESS ROOM

Gillam–Grant Community Center Community Education Program

WHERE IS THE FITNESS ROOM LOCATED?

In the Byron-Bergen High School, in the northwest wing (Room #51). Entrance to the facility will be through this wing's entrance. The telephone number for this room is 494-1220 Ext. #2051.

WHO IS ELIGIBLE TO PARTICIPATE?

Gillam-Grant Community Center employees and members, and the Byron-Bergen Central School District adult residents, faculty/staff and their immediate families. Children who reside in the District and are **Between the ages of 13 and 16 must be supervised by a parent/guardian at all times** to use the equipment during these public sessions.

WHAT ARE THE HOURS?

The Fitness Room is available to approved users Monday, Wednesday and Friday from 6:00 – 8:00 p.m. NOTE: Hours of operation are subject to the availability of a supervisor and/ or schedule changes. When School holidays fall on Monday or Friday, the Fitness Room is Closed. Also, when the school is closed due to inclement weather, the Fitness Room is closed as well. The Fitness Room is closed on Sunday's, legal holidays, select special events, and any school maintenance shutdowns. In addition, the District reserves the right to close the Fitness Room at any time at its sole discretion.

WHAT TYPE OF EQUIPMENT IS AVAILABLE?

The Fitness Room has a cardiovascular area which may be used to improve, maintain or enhance cardiovascular fitness. It is equipped with treadmills and an elliptical trainer. The cardiovascular equipment is designed for use by people of varying fitness levels from beginner to the more advanced. Circuit training utilizing a full circuit of sectorized strength training machines is also available. These machines are effective for training all the major muscle groups of the body, utilizing exercises that are common to training programs for beginners to elite athlete. There is also a free weight area with a full range of weights, benches, and equipment for those who prefer to do strength training with this type of equipment.

HOW CAN I BECOME A PARTICIPANT?

1. Register for and complete an equipment orientation/training session. Registrations may be done online at <http://www.gillamgrant.org/registration> or at the Gillam-Grant Community Center.
2. You must also complete and return this form as well as update your emergency contact information.

WHAT IS THE USAGE FEE? The fee is as follows: \$50/GG Members; \$55/Non-Members

CURRENT BYRON—BERGEN CENTRAL SCHOOL STUDENTS

No charge for **current** Byron-Bergen Central School students, but they **are required** to have completed this form and turned it in before they are able to start using the fitness room. Byron-Bergen Athletic Teams may not use the fitness room during these hours.

GENERAL FITNESS ROOM GUIDELINES

- There is **NO food, drink or gum** at any time in the Fitness Room. Water bottles are acceptable.
- We are not responsible for lost or stolen items.
- Proper exercise attire must be worn, including: Shorts, sweats, T-shirt, socks and sneakers. All jewelry must be removed before starting.
- All participants should have a towel to wipe down equipment after use.
- No horse play is allowed at any time.
- Proper warm-up and stretching before a work-out is necessary.
- Use equipment properly.
- Make sure sneakers are not wet or muddy.
- Notify Fitness Room supervisor if equipment is in need of repair. Each participant should keep a work out chart to monitor progress. Sign in and sign out of the Fitness Room on sheets provided.

FREE WEIGHT AREA

- Always use spotters.
- Make sure collars are secure.
- Do not drop weights on floor or lean plates against the wall or machines.
- Remove plates from bars and place on storage racks when finished.
- Place all dumbbells on proper storage racks.

MACHINE AREA

- Make sure all pins are securely in place before lifting.
- Keep hands and loose clothing away from weight stacks, cables and pulleys.
- Do not bang weight stacks.
- Multiple set users must yield the right of way to individuals completing a circuit.
- Place all weights on the machine's storage horns.

CARDIO AREA

- Warm-up properly before beginning an aerobic workout.
- Sign up on appropriate clipboard for the piece of equipment you want to use.
- 20-minute time limit when people are waiting.
- Wipe down equipment when finished.

SAFETY

- Fitness equipment is NOT to be used without the supervision of a properly trained Fitness Room Staff member.
- All rules and regulations listed above are to be followed.
- Abuse of rules and regulations will result in denial of Fitness Room privileges.
- Only people exercising will be allowed in Fitness Room. No spectators or children under 13 years of age.
- Do not use equipment that is broken.
- Report any damage to supervisor.
- Report any injuries immediately to supervisor.

CLEAN-UP AT THE CONCLUSION OF YOUR CLASS OR SESSION

- Return all free weight plates and dumbbells to proper storage racks. Do not leave plates on the bars, on power racks, on smith machines, on the floor or leaning against equipment or walls.
- Olympic bars are to be stored properly.
- Do not move equipment. All equipment is placed in a specific place for a reason.
- Please check cables, plates and other areas for damage. If you see a problem, notify a supervisor immediately. Respect the equipment. Do not abuse it.

Please acknowledge that you have read and understand the above requirements to participate in the Fitness Room.

Print Name: _____

Sign Name: _____

Date: _____