

Cheylin Wellness Center Rules & Regulations

218 E 6th
Bird City, KS 67731

Facility Hours: Limitless with your own key, except during weightlifting/PE classes (see posting at Wellness Center for times) . 24 Hour Video/Audio Surveillance at all times.

New membership cost: **\$100 (one key)**

Upgrade old key fob to new key card cost: **\$50**

Additional key/replacement key: **\$50**

General Wellness Center Conduct

- 1) All participants/users must sign a “Cheylin Wellness Center Consent for Participation” form prior to using the facility. **Forms are found in the High School Office.**
- 2) Participants to the facility will sign the daily log upon entering.
- 3) Children between the ages of 0 and 18 who have not graduated from high school are to be supervised by an adult at all times. Adults are classified as 18 and graduated from high school.
 - a. **Upon signing a waiver(parent & child), children that are 16 AND have passed a weights class, may be allowed to use the weights and other equipment at the Cheylin Wellness Center without parental supervision.**
- 4) Children under **14 years of age** are ONLY allowed to use the walking/jogging track. **Under no circumstances are children under 14 years of age** permitted to use the cardio machines, i.e. Treadmills/ Elliptical/Exercise Bikes/Stair Climbers.
- 5) Report any accident(s) immediately to the Cheylin High School office @ 785-734-2341. This includes spills and breakage of equipment.
- 6) Dress Code: Shirts or tank tops must be worn at all times.
Non-marking soled shoes must be worn at all times.
No sandals, open-toed shoes, or boots are allowed.
Carry in shoes, no outside shoes. Shoes must be free of rocks, sand and mud.
- 7) Food, beverages, pop cans or open cups are not allowed in the building. Only drinks in closed, non-breakable containers are allowed in the facility.
- 8) Treat all equipment with care and disinfect each machine when you are finished using it. Cleaning supplies are provided for wiping the equipment off.
- 9) If you are unsure of how the equipment works, to avoid injury . . . **DO NOT USE.**
- 10) No cussing, harassing, intimidating behavior or physical exchange will be tolerated.
- 11) No bicycles, skates, skateboards, rollerblades, pets of any kind are allowed in the building.
- 12) No alcohol, tobacco or illegal drugs are allowed on the property.
- 13) Lost or damaged equipment will be the responsibility of the individual to replace.
- 14) The Wellness Center &/or Cheylin USD 103 are not responsible for lost or stolen property. Please secure valuables appropriately.
- 15) In an emergency, i.e. fire, exit and call 911. Move across the street in the quickest manner possible. The closest tornado shelter is in the Elementary lower halls.

- 16) Misuse or abuse of the facility or equipment will not be tolerated. The Wellness Center has video surveillance and will be monitored. Your access will be revoked and the key must be returned &/or will be deactivated.
- 17) Cheylin may revoke key privileges at the Administration's discretion and there is a zero tolerance level. This includes, but is not limited to, conduct that constitutes safety hazards, physical abuse, mental abuse, or failure to comply with the Wellness Center Rules and Regulations.
- 18) A First Aid Kit is located **in the bathroom**.
- 19) Hazardous Waste kit is located in the bathroom cabinet.
- 20) An AED is located in the case on the wall. This is only to be used by a **trained individual**.
- 21) Kid's area rules- Clean up after use. Only beverages in closed top containers. **Adults are responsible for supervising their own children at all times.**
- 22) Personal headphones may be used. Televisions are designed to be used with your own earphones. **Music allowed at appropriate levels for all and of appropriate content.**
- 23) NO EQUIPMENT must leave the Wellness Center.
- 24) NO EQUIPMENT can be brought into the Wellness Center without the Board of Education approval.
- 25) All participants must leave the premises clean and make sure lights and equipment are turned off.
- 26) Cheylin Board of Education has the right to change any of these rules and policies at any time.
- 27) Remember the facility rules are for everyone's safety and enjoyment. Please respect other participants at all times.
- 28) Access to the gym(s) may be granted upon request. Patrons must be 16 years old to be in the gym without adult supervision. Patrons are not allowed to access any other part of the building. Access may be revoked at any time.

ACKNOWLEDGEMENT

I, the undersigned, agree that I will be responsible for me and my immediate family and for any damages to the facilities and equipment and will be responsible for the payment of all fees and charges incurred through this agreement. I acknowledge that I have read and understand this agreement and agree to abide by the terms listed therein.

Signature(s) Of All Listed Members

Printed Name

Signature(s) Of All Listed Members

Printed Name

New key cost: \$100.00.

Exchange of old key fob to new key card cost: \$50.00.

Additional/replacement key cost: \$50.00.

1. You must be 18 or graduated from High School to be able to receive a key.
2. Your key is your responsibility, and for your personal use only.
3. A couple/family membership is only for the individuals listed on your "Cheylin Wellness Center Consent for Participation" form.

Cheylin Wellness Center Consent for Participation

In signing this consent form, I affirm that I have read this form in its entirety and understand the contents. I also affirm that my questions regarding the Cheylin Wellness Center have been answered to my satisfaction.

I understand that I and my family are responsible for monitoring our own condition throughout any workout, and should any symptoms occur, will cease participation immediately.

Also in consideration for being allowed to use the Cheylin Wellness Center, I/we agree to hold harmless Cheylin School District 103, its Board of Education and staff members from any and all claims, suits, losses or related causes of action for damages, including but not limited to such claims that may result from an injury or death, accidental or otherwise, during or arising in any way from our use of the Cheylin Wellness Center.

I/We understand that surveillance cameras in the facility are in operation 24 hours a day to protect and ensure the safety of everyone.

I/We agree to replace any equipment broken by our misuse or abuse.

I/We agree the Cheylin Wellness Center reserves the right to dismiss or expel any person(s) from our facility for behavior that is detrimental to other clients, programs, or the facility. This includes, but is not limited to conduct that constitutes safety hazards, physical abuse, mental abuse or failure to comply with Cheylin Wellness Center Rules and Regulations.

If you are under age 18, list date of birth.

Printed Name: _____

Address: _____

Signature: _____

Phone: _____

Date of Birth: _____

E-Mail: _____

Printed Name: _____ Printed Name: _____

Signature: _____ Signature: _____

Date of Birth: _____ Date of Birth: _____

Printed Name: _____ Printed Name: _____

Signature: _____ Signature: _____

Date of Birth: _____ Date of Birth: _____

Printed Name: _____ Printed Name: _____

Signature: _____ Signature: _____

Date of Birth: _____ Date of Birth: _____