

**PAUL PETERSEN FITNESS CENTER**  
**RULES AND REGULATIONS** *(Updated 3/29/22)*

The following rules and regulations are intended to make the Fitness Center as safe, enjoyable, and pleasant as possible for all users. These rules are applicable to all users of the Fitness Center and may be changed from time to time by the Midland Community School District in order to provide for the safe, orderly, and enjoyable use of the Fitness Center's facilities and equipment.

1. Use. Individuals shall use the facilities and equipment solely for weight and cardiovascular training on the equipment provided. Individuals should not misuse or use the facilities and related equipment in any manner that will damage the facilities and/or equipment. Individuals shall not install, tamper with, or remove any equipment in the Fitness Center. No person may use the Fitness Center unless they have signed the waiver of liability. Individuals shall not grant access to the Fitness Center, nor permit the Fitness Center to be used by any unauthorized persons.

No one under the age of 18 or any current student will be allowed to be in the Fitness Center without supervision by a current PPF member or coach/school employee. The school will provide appropriate supervision for any school sponsored uses of the Fitness Center. If a student is found to be in the facility unsupervised, they will be suspended from the facility for a period of four (4) weeks. A second offense would result in privileges revoked for a period of eight (8) weeks. All further offenses would result in loss of privileges for one (1) year. These rules will also apply to parents who give their FOB/app to school age students to use the facility without physically being present to supervise. The FOB/app will be deactivated for these same time frames. We have computer software that tells us whose FOB/app is used at what time and we have video evidence of who enters the facility at what time.

Only those individuals who live in the Midland Community School District, are Midland Community School District taxpayers, have children attending school in the Midland Community School District, are current employees of the Midland Community School District, alumni of the district (living in the district or not), or are members of the Paul Petersen Foundation may use the Fitness Center. Prior to using the Fitness Center, all eligible individuals will have to contact the District Office at Midland Middle/High School building or at (319) 259-5340, sign a waiver of liability and pay an \$80.00 new membership fee. All high school graduates and individuals who are over the age of 18 are required to purchase their own membership to the fitness center. All fees will be waived for members of the Paul Petersen Foundation.

A key FOB/app will not be issued or activated until an individual has paid the new membership fee in full. The membership fee will be assessed on an annual basis and will be good for one calendar year from when the key FOB/app is issued. If an individual's key FOB is lost or destroyed, the individual shall immediately notify the school and will be required to pay a \$20.00 replacement fee. The individual will not be granted access to the Fitness Center until the replacement fee has been paid and a new key FOB has been issued and activated. The Midland Community School District Board of Directors reserves the right to increase any fees it deems necessary, at any time during the course of the year. If the Board increases a fee, the increase will be effective immediately for all new users and for renewals when the renewals come due.

The school has the right at any time to discontinue the availability of the Fitness Center either temporarily or permanently.

2. Hours of Operation. The Fitness Center will be open during the hours of 5:00 AM–10:00 PM, Monday through Friday for use by the school and general public. Weekend/holiday hours will be 5:00 AM–8:00 PM. All individuals must be out of the Fitness Center no later than 10:00 PM on weekdays and 8:00 PM on holidays/weekends. The last individual in the Fitness Center at the end of the hours of operation each day must make sure that all lights in the Fitness Center are turned off and all exterior doors are closed. The school's night maintenance person will check the Fitness Center before leaving at night (10:00 PM) to make sure the lights are out and the Fitness Center is secure.

During the school year, the school has priority to use the Fitness Center during the school day (7:00 AM–6:00 PM). For school activities, which include, but are not limited to, weight lifting/P.E. classes/sports practices, etc., the school will attempt to identify in advance the days and times the Fitness Center will be used for those purposes and make those days and times known sufficiently in advance. If there is a question about whether the Fitness Center is available for public use, the main office at the high school should be contacted for information and can be reached at (319) 259-5340.

The school will try to keep individuals informed of any changes in the posted use schedule and encourages users to provide their e-mail address to the school for this purpose.

3. Clothing. Proper attire must be worn at all times. Proper attire is defined as t-shirts, sweats or shorts, and closed toed shoes. No open toed shoes will be permitted.

4. Conduct. Any conduct that unreasonably interferes with the use or enjoyment of the Fitness Center's facilities and equipment by others or disrupts or interferes with the normal, safe, orderly, and efficient operation of the facilities or equipment, is strictly prohibited. The school reserves the right to deny access to the Fitness Center to anyone who fails to comply with these rules and regulations.

5. Smoking. Smoking of any kind or any other consumption or use of tobacco products is strictly prohibited in the Fitness Center.

6. Food and Beverages. Food and beverages (other than water) shall not be brought into the Fitness Center for consumption on the premises. The possession and/or consumption of alcoholic beverages is strictly prohibited.

7. Maintenance. Users are responsible for their own towels if they choose to shower after working out. Users are responsible for cleaning up after they use the locker room facilities and shall not leave any litter, trash, debris or articles of clothing or towels in the Fitness Center. There are no lockers in the Fitness Center, so each individual will be personally responsible for any items of personal property that they bring into the Fitness Center.

8. Free Weights. Individuals who use free weights should return the weights to their proper place after they are done using them. Individuals using the facilities and equipment are never to work out alone and must have at least a minimum of one spotter for any use of the free weights. Collars are mandatory on all barbells.

9. Miscellaneous Items. Do not open the roll-up door and/or prop open the entrance door. The facility is air conditioned/heated so this obviously increases utility costs. Do not alter the thermostat setting (up or down) or enter utility room. Do not place your feet on the walls, this has led to some drywall damage. Pick up after yourself, or better yet, leave the facility in better shape than you found it.

10. Violation of Rules. An individual's repeated failure or refusal to comply with these rules and regulations may result in the loss of privileges.

All individuals should check with their physician prior to using the Fitness Center. Individuals should not use equipment without proper knowledge of how to use the equipment.

**PAUL PETERSEN FITNESS CENTER ~ CONSENT AND WAIVER OF LIABILITY**

In order to use the facilities and equipment known as the Paul Petersen Fitness Center located at 106 West Webster Street, Wyoming, Iowa, I hereby certify, covenant, and agree as follows:

1. I do hereby declare and represent that I am physically able to use the facilities and equipment in the Fitness Center and am suffering from no known condition, impairment or other illness that would prevent my use of the facilities and/or equipment. I have a reasonable basis for this opinion due to an examination by and/or consultation with my physician. I fully recognize that I am responsible for knowledge of my own state of health at all times.
2. I will engage in the use of the facilities and/or equipment in the Fitness Center at my own pace and at my own risk. I will use good judgment while exercising and if I have any questions regarding my use of the facilities and/or equipment, I will consult a trained professional.
3. I acknowledge that the Fitness Center is unstaffed and is not monitored. I understand that the Midland Community School District, the District’s Board of Directors, in their positions as Board members, or other representatives of the District and also each person individually and any and all other employees of the District, persons, firms, corporations, and representatives have any expertise in diagnosing, examining or treating medical conditions of any kind in determining the effect of any specific exercise on such medical condition.
4. I understand that the use of the Fitness Center’s facilities and/or equipment in any way poses the possibility of accidental or other physical injury or the loss of any personal property. I agree to assume the risk of any such accident or injury or loss of property. I hereby release and discharge the Midland Community School District, the District’s Board of Directors, in their positions as Board members, or other representatives of the District and also each person individually and any and all other employees of the District, persons, firms, corporations, and representatives from any and all liability, harm and damage, and waive any and all claims whatsoever, for any injury, accident or loss in connection with my use of or entry into the Fitness Center. In addition, I hereby agree to defend, indemnify, and hold harmless the Midland Community School District, the District’s Board of Directors, in their positions as Board members, or other representatives of the District and also each person individually and any and all other employees of the District, persons, firms, corporations, and representatives from any and all costs, claims, liability, harm, damage or expenses resulting from my entry into the Fitness Center and/or my use of the Fitness Center’s facilities and/or equipment.
5. I acknowledge that I have received and read a copy of the current Fitness Center Rules and Regulations governing the use of the Fitness Center’s facilities and equipment. I agree that I will fully comply with all rules and regulations as they are amended from time to time.

Signature	Date	Witness
<b>TYPE OR NEATLY PRINT THE FOLLOWING CONTACT INFORMATION:</b>		
Applicant’s Name _____		
Applicant’s Full Physical Address _____		
Applicant’s Mailing Address (if different) _____		
Telephone Number _____		Cell Phone Number _____
Email Address* _____		

I want:  
 \_\_\_\_\_ an electronic key FOB (\$15 extra for a 2<sup>nd</sup> FOB)  
 \_\_\_\_\_ an app for my phone – PDK will send info and instructions to email listed

*\* NOTE – we will send renewal notices as well as sporadic emails with important information to this account, be sure it is one you check.*

**Office Use Only:**

Amount Received: \$ \_\_\_\_\_ FOB # issued \_\_\_\_\_ MCSD Staff \_\_\_\_\_