

Tri-Insure Community Fitness Center

Policies and Procedures

The Tri-Insure Community Fitness Center welcomes community members, parents, grandparents, school staff, and alumni.

Hours of Community Availability: M-F 6:00am - 7:30am & 5:30pm-7:30pm

Fitness Center attire

Proper athletic attire must be worn while using the fitness center.

- CLEAN Sneakers, athletic pants/shorts, and t-shirts are considered appropriate attire.
During winter months and rainy days, **please bring a dry pair of shoes.**
- Shirts should cover full chest, back and lower torso area (no sport bras only).
- Jeans are not permitted. Jeans often have studs, rivets and zippers which may tear the fabric on the benches.
- Bare feet or sandals are NOT permitted.

Food and beverages

Other than water bottles, food and beverages are **not** allowed in the center. It should also be noted that water fountains are located outside of the center on the balcony if you do not choose to bring water with you to the center.

Fire alarms

Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facility, you must immediately leave the center through the nearest exit door and remain outside until it has been announced that it is safe to enter the center.

Health and safety

If you have the flu, a cold, or any other contagious illness, please do not train in the center. Using the Fitness Center with a contagious illness puts you and all other members at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Bottles of disinfectant and paper towels

are available for cleaning perspiration from the pads and benches. Please be courteous of fellow fitness center members and use the supplies provided in the areas that you use.

Lost and found

Lost items will be kept in the lost and found boxes located by the front desk as you enter the center. The school is not responsible for any lost or stolen articles or for any items left at the front desk while you are at the fitness facility.

Cardiovascular equipment usage procedures

Cardio equipment is on a first come, first serve basis. We ask that you please limit use to 30 minutes while people are waiting. Please wipe down cardio equipment after use.

Weight lifting policies

1. For the courtesy and safety of all fitness center members and students for safety reasons, all **lifters MUST re-rack their own dumbbells and weight plates after they have finished using them.** Searching for sets of weights needed for your weightlifting program can be a hassle, and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the center poses obvious hazards. **Continued failure to abide by this fitness center policy may lead to the suspension or termination of your use of the facility.**
2. Always use a spotter for applicable lifts. ie. bench, squat, deadlifting.
3. Please do not slam or drop the weights.

Access revocations and suspensions

Monticello district staff are responsible for enforcement of school policies and fitness center guidelines. Courtesy for other members, staff and the equipment in this fitness center is expected and required. Loud, boisterous or abusive behavior will not be tolerated. Failure to comply with school policies and fitness center guidelines may result in immediate eviction from the center, revocation of access, and disciplinary review through school policy.

Inclement weather

During times of inclement weather and class cancellations, the fitness center **will make every effort to remain open.** There may be times, however, the fitness center will be closed. Please feel free to check the school Facebook page or website during these times for status updates.