

Fitness Center Rules

The Piseco School District provides the fitness room for the benefit of residents of the Piseco Community.

The following rules are in effect:

1. The fitness center is for the use of Piseco School District taxpayers and residents only. Taxpayers and residents include those who have their permanent home in the Piseco School District, taxpayers who own property in the Piseco School District but live elsewhere, and people who rent property in the school district, either as their permanent residence or as a vacation stay. Residents also include children of residents who are temporarily living somewhere else, i.e. college or the military.
 - All participants must register with the District Office before using the fitness center. All family members, no matter what age, must sign up for the fitness center individually. Participants must attend a brief orientation to learn how to operate the exercise equipment, review the rules of operation, sign a waiver of liability, and receive a pass key before using the fitness center.
 - Participants will be issued keys that will allow access after school hours. Lost keys must be reported to the District office. People who are residing in Piseco for two weeks or less will be issued pass keys only with a \$20 deposit which will be returned to them when they return the key to the district office at the conclusion of their stay. Participants shall not loan their keys to anyone except family members who are not eligible to receive their own pass keys (those under 18). Participants should not open the door for anyone while exercising. If someone does not have a key to gain access on his/her own, he/she should not be using the center.
 - The fitness center is open from 5 am to 9 pm daily. Pass keys will not unlock the doors before 5 am or after 9 pm.
2. Participants exercise at their own risk. No one can exercise in the fitness center without signing a waiver of liability. Parents must also sign the waiver of liability for children under 18.
3. All participants must be over the age of 14.
 - No children under the age of 14 are allowed in the fitness center.
 - Those participants 14 to 15 years old must be accompanied by an adult member.
 - Those participants 16 to 18 years old must be accompanied by an adult when using the fitness center after hours. During school hours (M-F, 8 am to 4 pm), participants over 16 and under 18 years of age may use the center without an adult accompanying them. After school hours however, they must be with an adult member of the center.
 - No key will be issued to anyone less than 18 years old.
4. Fitness equipment must be used in a manner consistent with its safe and proper use. Equipment should be wiped down by participants after use with the sanitary wipes provided in the dispensers on the wall. Participants should make sure the exterior door is closed tight upon leaving and the lights are turned off. Equipment must not be removed from the fitness center.
5. Appropriate exercise clothing, including athletic footwear which covers the entire foot, is required. Street shoes should be removed at the exterior door. Participants should not exercise in the same footwear that is

worn outside. The carpet will be used for stretching, yoga, etc. and efforts are necessary to keep it free of dirt, mud, and snow.

6. Food is not allowed in the fitness center. Drinks are permitted in covered and sealed containers. Glass bottles are prohibited.
7. Participants are expected to conduct themselves in a responsible and safe manner. Time on any exercise machine should be limited to 30 minutes when someone is waiting to use it. Whenever possible, participants should avoid exercising alone.
8. All injuries or equipment problems should be reported to the District Office immediately. Simply call the office at (518)-548-7555 any time and leave a message. Include your name and number. In case of emergency, call 911. The phone in the fitness center is for emergency use only and will only call 911.
9. Disregard for any fitness center rules or failure to cooperate with school employees will result in loss of fitness center privileges. Participants who lose fitness center privileges will discover that their pass keys will no longer unlock the doors to the center. Those who gain access to the center after they lose use privileges will be arrested for trespassing. The standard time for the loss of privileges is 30 days. The second loss of privileges will be for one year, or permanent.
10. People who have lost their key and would like a replacement key issued will be charged a \$5.00 fee. If you find the old pass key, please return the new key and we will give the \$5.00 back to you.

Any Questions and comments should be directed to the District Office at (518)548-7555.