

Pleasanton Fitness Center User Agreement

First Name: _____ Last Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email Address: _____

Emergency Contact: _____ Emergency Contact Phone: _____

FEES

Employees of Pleasanton Public School: Free

Community Member Annual Use Fee:

Fitness Center: \$20.00, non-refundable

South Gym for Walking: \$10.00, non-refundable

GENERAL INFORMATION

The Pleasanton Public School Fitness Center is an exercise facility intended to serve Pleasanton's community of students, faculty and staff as well as members of the community. Numerous benefits (including physical, emotional, mental and social) are derived from participation in physical activity and overall fitness.

All users must have a valid ID to enter the facility. An ID card is issued upon completion of this Agreement. This agreement must be completed annually and is valid January 1 through December 31 yearly. Anyone under the age of 18 must be accompanied by an adult.

POLICIES

For the safety and comfort of our guests, and to maintain the integrity of the space, the following guidelines have been developed.

General Use Policies

- Participants exercise at their own risk.
- You must be healthy enough to exercise. If you have any injuries or questions regarding your ability to exercise, consult your health care provider.
- You must take the initiative to learn the proper use of equipment. It is strongly recommended that you are properly oriented on all exercise equipment prior to beginning an exercise program.
- Proper athletic gear must be worn at all times, which includes closed-toe shoes and shirts. Pants with belts or metal rivets and cut-off pants are not allowed.
- Water is allowed, but other food, beverages and gum are not permitted.
- Personal items, bags and other items are not to be laying on the Fitness Center floor. The school is not responsible for lost or stolen items.
- Equipment cannot leave the facility.
- Bicycles, skateboards, roller skates and roller blades are prohibited.
- Pets are not permitted, except those providing assistance to individuals with special needs.
- Personal music may only be played using headphones. The sound system volume in the Weight Room will be controlled by the Fitness Center supervisor.
- School policies regarding conduct, alcohol, tobacco, illegal substances and firearms will be enforced.
- Individuals are required to pick up after themselves, discard trash and remove personal items.
- Report all injuries and any equipment failures to the school, the Athletic Department at 308-388-2041.

Cardio Equipment Guidelines

- During peak hours, or while others are waiting, limit your time on cardio equipment to 30 minutes.
- Properly wipe down equipment after each use.

Weight Training Equipment Guidelines

- Replace all dumbbells on the appropriate racks in the assigned spaces.
- Due to the potential risk of injury, use a spotter when training with free weights.
- Do not drop free weights on the floor or allow weights to crash together.
- Allow other users to “work in” or take turns. Do not monopolize several pieces of equipment while others are waiting.
- Properly wipe down equipment after each use.
- Do not lift more weight than is comfortable and safe.
- Collars are required when using Olympic and curl bars.

USER AGREEMENT

I, _____, understand that my use of the Pleasanton Public School Fitness facilities,
(Printed Name)

equipment, and services (collectively, the “Facility”) includes inherent risks that no amount of care, caution, instruction or expertise can eliminate. In exchange for the right to use the Facility, I hereby completely and forever release and discharge (1) Pleasanton Public School and all officers, directors, board members, employees, agents, successors, and assigns of the foregoing (together, the “Released Parties”) from any and all loss, claim, liability, expense, demand, action, causes of action for personal injury, death or property damage sustained by me arising out of or related to my use of the Facility or the acts and omissions of the Released Parties. The foregoing is effective notwithstanding any payment by me or on my behalf of a fee or fees for the privilege of using the Facilities.

I agree to exercise special care to avoid damage to the Facilities and the property of others. I assume all responsibility for, and agree to indemnify the Released Parties from and against, any and all losses, claims, liabilities, expenses, demands, actions, and causes of action for personal injury, death, or property damage resulting from my acts or omissions. I agree that the Released Parties shall not be responsible or liable for the loss or theft of property from the Facility, any lockers or any storage areas.

I agree to abide by all of the rules issued with respect to the Facility and any instructions given to me regarding the use of the Facility. I agree that permission to use the Facility may be withdrawn at any time and for any reason or no reason. I agree to immediately report the occurrence of any injury, loss or damage to the Pleasanton Public School (or any person who may be designated to me from time to time as the person who is to receive such reports).

I have read the above before signing it. A copy of this document will have the same effect as the original.

User Signature: _____ Date: _____

Submit completed form to school office.

For Office Use Only:

Payment Received: _____ Date: _____ ID Issued: _____ Date: _____