



Fillmore Central School Fitness Room Usage



- Students** The room is open to any FCS student in 7-12th grade at the following times:
- 7:00 a.m. – 8:00 a.m. Monday – Friday
 - 3:20 p.m. – 4:30 p.m. Monday – Friday
 - (8:00 – 3:20 School Days is designated for students)
- Student-Athletes** Coaches can sign-out the room for use with their student athletes.
- 4:30 – 7:00 Monday – Friday
 - Weekends are open as well.
- Faculty & Staff** Any employee of F.C.S. is allowed to use the room at the following times:
- 4:30 – 7:00 Monday – Friday (if not signed out by coaches)
 - 7:00 – 9:00 Tuesday & Thursday (with the community)
 - ** Times when it is not designated for student usage
- Community** The community members of FCS (residents of Fillmore Central School District & not a student) are allowed to use the room at the following times:
- 7:00 p.m. – 9:00 p.m. Tuesday & Thursday

Please note use of this room is a privilege; you must adhere to the following:

Students must:

- **be trained on the equipment before usage. (Documented)**
- **sign-in whenever you use the room (before and after school).**
- **always be supervised by a trained individual (i.e. teacher, coach, etc.).**
- **not be on Category II.**
- **remain with the supervisor. (No roaming.)**

Faculty/Staff must:

- **be trained on the equipment before usage. (Documented)**
- **sign-in whenever you use the room.**
- **have an Informed Consent Agreement filled out and on-file.**
- **only use the room at designated times.**

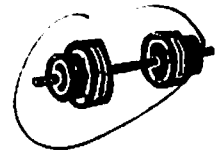
Community Members must:

- **be trained on the equipment before usage. (Documented)**
- **sign-in whenever you use the room.**
- **have an Informed Consent Agreement filled out and on-file.**
- **only use the room at designated times.**





Fillmore Central School Fitness Room Rules



- All users must sign-in and out to use the Fitness Room
- Do not use any of the equipment unless you have been trained.
- Students and Athletes are not permitted to use the Fitness Room at any time unless supervised by a PE Teacher, Fitness Room Supervisor or Team Coach.
- Only use the Fitness Room at your designated time (see the usage agreement.)
- Proper clothing and shoe attire must be worn at all times: no loose, revealing or degrading clothing, laced & tied sneakers only, no open toed shoes or boots of any kind.
- Make sure sneakers are clean of any water and mud.
- Following machine use, immediately wipe down the equipment using the cleaning supplies provided.
- All coats, backpacks, and valuables are to be left in your locker. Do not bring them into the Fitness Room.
- No food, gum, or drinks allowed in the Fitness Room (water bottles are permitted, however.)
- Safety Collars must be used on the Olympic bars at all times.
- Always use a spotter during appropriate lifts. Spotters are to be focused on the lift as the person is performing the exercise.
- Maintain control of weights and equipment at all times.
- Return your weights to appropriate storage racks after use (equipment is not to be left on the machines or floor).
- Replace all benches, bars, dumbbells, and power rack equipment after use. Clear plates from the Olympic bars.
- No horseplay.
- No foul language or playing of loud music or music with explicit language will be permitted.
- Report all injuries and equipment/facility irregularities immediately to PE Teacher, Supervisor or Coaches.
- Faculty, Staff and Community Members must have a completed and signed “Informed Consent and Assumption of Risk Agreement” on file prior to using any equipment.



Failure to comply with Fitness Room rules and any inappropriate or unsafe behavior will result in loss of Fitness Room privileges.

