

**The Canisteo-Greenwood Fitness Center is open to district residents who agree to the following rules and regulations:**

1. The Fitness Center is open to the public 5:30-7:30am & 4-8:00pm Monday–Friday when school is in session.
2. Members must be residents of the Canisteo-Greenwood School district.
3. Participants exercise at own risk. No children are allowed in the Fitness Center. Students currently in 7<sup>th</sup> grade and up may use the center.
4. Members must wear appropriate exercise attire at all times. A shirt must be worn to cover the upper body, socks and athletic shoes are also required. The clothing must be for exercise purposes. Therefore, casual clothing is not allowed: No jeans, jean shorts, or any article of clothing with zippers or rivets, loose or dangling jewelry is not allowed, etc.
5. Shoes should be changed before entering the Fitness Center when coming in the outdoor entrance. No open-toed shoes, open-backed shoes, boots, sandals, or casual shoes are allowed.
6. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
7. After use, members must insure that the equipment is clean: wipe off all equipment after use.
8. Shower and locker facilities are not available.
9. The Canisteo-Greenwood Fitness Center is not responsible for lost or stolen personal items. NO bags, coats or personal items are allowed in the Fitness Center. Storage cubbies are located at the Fitness Center entrance.
10. Except for capped water bottles, eating or drinking is prohibited. Please dispose of all trash in the proper bins outside of the Fitness Center.
11. Slow down, clear and reset the cardio respiratory machines for the next user.
12. All equipment must be used in accordance with the fitness guidelines and must be used in the Fitness Center. At no time is equipment allowed to be taken out of the facility.
13. The fitness center is only to be used by people with approved admittance.
14. Fitness Center participants should report all equipment malfunctions, broken or damaged equipment, personal injuries and specific concerns immediately to the proctor on duty. Users are responsible for broken equipment that is a result of misuse, or in- appropriate use.
15. Alcoholic beverages, smoking and tobacco use of any type are not permitted.
16. New York laws and Canisteo-Greenwood Central School District policies regarding illegal substances will be strictly enforced.
17. The monthly fee\* to be a fitness center member is \$10. The month begins the 1st and ends the last day of the month. There is no pro-rated. If your monthly fee is not paid by the 15<sup>th</sup> of the month you will lose the rights to be in the fitness center.

If any member or student violates any rule or regulation they will be asked to leave, and may be denied future use of the Fitness Center.

**\*Checks are preferred-Please make checks payable to Canisteo-Greenwood Central School District.** Thank you.