

North Iowa Community School – Community Wellness Center

Mission statement: The North Iowa Wellness Center will provide safe, secure, and non-intimidating atmosphere where students, staff, and community members can achieve their fitness goals.

Policies and Procedures

North Iowa Community School designed the Membership Policies (“Policies”) and rules, including rules listed here and rules posted in buildings (“Rules”) to ensure a safe and enjoyable environment in which to exercise. Please be thoughtful and observe the Policies and Rules that you, and all members, have agreed to follow. North Iowa Community School may, in its sole discretion, modify the Policies and Rules without notice at any time. It’s your responsibility to know and follow the most current Policies and Rules. All approved signs posted in the building or on the premises will be considered a part of the Policies and Rules of North Iowa Community School.

Membership

Members will be required to pay an annual fee for unlimited access to the facility. The current rate is \$80.00 per member, per year. Upon attending new member training with district personnel, members will be issued a building access card (key card) with a photo of member on the card for proper identification.

1. Membership begins with full year payment and activation of your access card.
2. Memberships are non-transferable and cannot be frozen at any time.
3. Membership can only be purchased by adults (age 18 or older). Members must not be currently enrolled in high school. Students of the North Iowa District may obtain access via an activity coach/director, a current member, or during organized activities during the school day.

Membership Renewal

Membership to the Wellness Center is for one year. To renew, members must submit the membership fee along with the liability waiver prior to membership expiration. Once expired, access cards will be deactivated. Expired members are not allowed to use the wellness center as a member. After 90 days, expired members will be deleted from the membership log and considered inactive. Inactive members will be required to follow the new membership procedures.

Access Card

The access card must be in the paid members possession at all times. Misuse of the access card will result in the card being deactivated. Access cards will allow paid members access through the Wellness Center entrance only. Members will not be

allowed to prop open the entrance doors so others may enter. If a member's access card is lost or stolen, report to District personnel immediately. Replacement of a lost or damaged card will be at a cost of \$20. Access cards will be deactivated upon membership expiration.

Use Availability of Facilities

Approved School District activities and educational classes will always take precedence over community use. Members are welcome to use the facility and equipment at any time that does not interfere or disturb district use or activities.

Non-members are able to use the facility under the direct supervision of a member at no charge.

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North Iowa Community School reserves the right to charge a separate participation or reservation fee for any or all of these facilities or services. Use of North Iowa Community School facilities or services are authorized and limited pursuant to your membership agreement.

General Policies

1. A valid North Iowa Wellness Center Access Card is required for entrance to the Wellness Center. Access cards are non-transferable.
2. Guests of all ages may accompany a member at no charge while obeying age restriction in the Fitness Area and Weight Room. (Reference Fitness Area and Weight Room)
3. Participation is at your own risk. (Reference Membership Liability Waiver).
4. There will be no smoking, chewing tobacco, or alcohol on the premises (Reference School Board Policy).
5. No food, gum, or beverages are allowed in the Wellness Area or Gym. Water in plastic sealable containers is allowed.
6. Appropriate attire is required (shirts, shorts, sweats, athletic shoes) – participants are required to wear shirts at all times.
7. Bicycles, roller blades, skates, and skateboards are not allowed in the Wellness Center.
8. Animals are prohibited in the Wellness Center, unless utilized as a guide or assistant for people with disabilities.
9. North Iowa Community School is not responsible for lost or stolen articles.
10. Book bags and personal items are not allowed in activity areas. They should be stored in lockers located in the locker rooms or on the coat hooks and rugs in the hallway of the Wellness Center.

11. All accidents must be reported to district personnel.
12. Participants are encouraged to report any maintenance or repair need to district personnel. Cost of damage repair occurring to the Wellness Center facility or equipment will be assessed to the responsible individual.
13. Electronic equipment is permitted for personal use, but only with headphones.
14. No photography, videotaping, filming or audio recording in the facility without prior written permission.
15. Signs and posters may not be posted on any wall without prior approval of the District.
16. Weapons of any kind are prohibited.
17. The District reserves the right, in its sole discretion, to limit or restrict the use of outside equipment in the Wellness Center.
18. Wellness Center patrons are expected to conduct themselves in accordance with District policy. Abusive or vulgar language will not be tolerated. There will be no spitting or fighting, non-compliance will be grounds for immediate dismissal from the Center. Conduct should not distract or disrupt the recreational pursuits of other participants. Participants not following policies and procedures may be asked to leave the Wellness Center by supervisors or staff. If cooperation is not immediately obtained, police will be contacted and the member may be referred for disciplinary action.
19. Propping of doors is prohibited.
20. Participation is at your own risk.
21. Staff may ask participants to leave area for non-observance of Policies.
22. The District reserves the right to deny or revoke a membership at any time for any lawful reason.

Locker Rooms

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1. Locker rooms are provided for guests and members to prepare themselves before and after working out. They are not a place for socializing and goofing around. No towel snapping, running, misuse of soap or paper products, or other types of horseplay will be tolerated. Respected behaviors and manners are required at all times.
2. Lockers are located in the locker rooms and are for day use only. Participants may use locks to secure their clothing or equipment in a locker. Locks and items must be removed before leaving.
3. Locks not removed from the lockers will be cut off at owner's expense and items placed in the lost and found.
4. Users must supply their own bath towels and other personal items.

Lost and Found

Lost and found items, if returned to District personnel, will be kept for one month. Wellness Center is not responsible for lost or stolen items.

Gymnasium

1. Appropriate non-marking athletic shoes are required to participate in activities in the gym. Shoes must be dry and clean of dirt and grit. Street shoes, boots, sandals, or flip flops are not permitted.
2. Gym areas must be shared with all members. Please limit your activity to minimum space during times of high usage and/or limited space. Full court games will need to be limited to times when individuals wanting to shoot are not present.
3. Basketballs/Volleyballs will not be available for general use. Please bring your own ball for play. For safety, do not leave balls laying in the gymnasium.
4. Dunking, grabbing, or hanging on the basketball rims is prohibited.
5. The use of soccer balls, baseballs, footballs, Frisbees, and other equipment considered unsafe in the gymnasium environment are prohibited during open recreation. Exceptions will be made for programmed and staff supervised activities.
6. Recreational games will adhere to the following guidelines: A challenge for the next game is issued verbally by waiting players. No one in the present game may call for "next game". Only one player need be present to issue a challenge. Losing player(s) are not eligible for the next game unless other player(s) are unavailable. Upon winning three consecutive games, the winning team must exit the court if players are waiting for "next game".
7. All sports equipment is to remain on the first floor. Throwing any objects, including balls, onto the track or second floor from the court floor is prohibited.

Running/Walking Track

1. The running track is designated for running, jogging and walking. Please be courteous and cautious of the speed of other individuals on the track. Faster runners are to remain on the outside lanes.
2. A clockwise direction will be used on even days of the month and a counter clockwise direction will be used on odd days of the month.
3. The track is not to be used as an observation area for gymnasium activities unless prior approval by district personnel has been approved. No leaning, sitting or hanging on the track railing.
4. Non-marking running shoes or gym shoes are appropriate for the track.
5. Shirts must be worn at all times.

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6. Stretching is to be done in "off track" designated areas.
7. Throwing objects or equipment from the second floor onto the court floor is not allowed.
8. Strollers are allowed on the track as long as they stay on the inside lane and do not pose a safety concern/inconvenience for our walkers/joggers/runners.
9. Track approximate mileage is 15 laps per mile.

Cardio Machines and Weight Room Equipment

1. See Fitness Area Policies for proper use of equipment.
2. Thirty minute time limit on equipment if someone is waiting.
3. Cardio and weight equipment is to be wiped down after each usage. A disinfectant wipe will be provided in exercise area. Please consider bringing a towel to cover benches during workout. Covering the benches with towels prolongs the life of the equipment and reduces the spread of infections and illness. All weight training should be performed in a controlled, safe manner. Dropping, slamming, or bouncing of weights is prohibited.
4. Spotters are necessary for all free weights. DO NOT perform overhead or squat exercises outside the squat racks.
5. Re-rack weights and dumbbells after use. Benches should be returned to a flat position.
6. Do not place weights or dumbbells on padded benches.
7. Weight plates must be kept in free weight and plate-loaded areas.
8. Weight and bars of any kind should not lean up against the walls, pillars, equipment, or mirrors.

Fitness Area and Weight Room Area

1. Participants must be 12 years of age or older to use the equipment in the Fitness Area while under the direct supervision of an adult at all times while exercising. Anyone under the age of 12 is not allowed to use the fitness equipment, even in the company of an adult, parent, or guardian unless while under the supervision of a teacher or coach of the North Iowa Community School District.
2. Participants must be 14 years of age or older to use the equipment in the Weight Room Area while under the direct supervision of an adult at all times while exercising. Anyone under the age of 14 is not allowed in the Weight Room Area, even in the company of an adult, parent, or guardian unless while under the supervision of a teacher or coach of the North Iowa Community School District.
3. Appropriate exercise attire is required in the Fitness Area and Weight Room.

4. Personal belongings (backpacks, clothing, wallets, etc.) may not be placed anywhere in the Fitness or Weight Room area. All personal items must be stored in locker rooms or entryway coat hangers.
5. No food, beverages, or gum is allowed in the Fitness Area and Weight Room. Only water in sealable containers is allowed.