

Glassboro High School's Wellness Center

USER AGREEMENT

Users must agree to adhere to the following policies or user privileges may be revoked.

Hours of Operation for Wellness Center

The following schedule applies when school is in session. Hours may be adjusted during holidays, special events, and the summer.

Days of week	Athletes	General Student Pop	Staff
Mon., Wed., & Fri.	7:30 a.m. – 5:30 p.m.	Closed	5:00 a.m. – 7:00 a.m. 2:30 p.m. – 9:00 p.m.
Tuesday & Thursday	4:00 p.m. – 5:30 p.m.	2:30 p.m. -4:00 p.m.	5:00 a.m. – 7:00 a.m. 2:30 p.m. – 9:00 p.m.
Saturday	8:00 a.m. – 3:00 p.m.	Closed	8:00 a.m. – 3:00 p.m.
Sunday	Closed	Closed	Closed

Students

All students enrolled at Glassboro High School are able to use the Wellness Center free of charge during the school day as part of their physical education classes or after school as part of an extracurricular activity. Students may use the Wellness Center free of charge and must possess their student ID to gain access. Students are not permitted to use the Wellness Center without the supervision of a teacher, coach, or Wellness Center Supervisor.

Employees

Employees of the Glassboro School District are able register for an annual membership to the Wellness Center by signing this User Agreement. There is no charge for the membership. Employees who do not sign the User Agreement will not be permitted to use the Wellness Center.

Coaches

Coaches may use the Wellness Center when they are working with their athletic teams. However, coaches are required to use that time to supervise their student-athletes. Teams may use the Wellness Center during regular hours provided an approved coach is supervising the entire time. Coaches do not have free use of the facility when not accompanying their athletes while in-season. A Google sign-up sheet will be used to help coordinate when teams plan on using the Wellness Center.

Orientation

All members will be required to complete an orientation during their first visit to the Wellness Center. The orientation covers information regarding the operation of the Wellness Center, member responsibilities, and equipment use. Individuals are encouraged to ask questions.

- Students taking physical education classes will receive orientation from their respective physical education teacher.

- Student-athletes will receive orientation from their respective athletic team coach and/or the Athletic Trainer. All members will receive a copy of the policies and procedures and must agree to adhere to the guidelines. Violation of policies may lead to temporary or permanent loss of privileges of use of the facility.

Dress Code

A dress code has been established for the comfort and safety of all the participants and for the care of the equipment. Please observe the following guidelines. The determination of appropriate dress will be left to the discretion of the Wellness Center Supervisor, teacher, coach, or other supervisor. If your attire is determined to be unacceptable, you will be asked to change before exercising.

- Shoes required (Tennis, Jogging, Walking, Aerobic etc.) (No sandals, boots, or open toe shoes permitted)
- Shirts required (No half shirts, torn or altered shirts, cut off shirts, sport bras, loose fitting tank tops, open back tops, or midriff tops)
- Athletic or Jogging shorts, sweats, or warm-ups. (No cut-offs or short shorts.)
- Absolutely no street clothing with rivets, buttons, zippers or belts. NO JEANS!

The intent of this dress code is to maintain a comfortable atmosphere for everyone. We urge you to speak with the Wellness Center Supervisor if you have any questions or concerns about this policy or what you or someone else is wearing for work out. It is also the intent of this dress code to decrease the chance of transmitting diseases such as impetigo, ringworm, staph infections, MRSA, etc. through body contact on the pads. It is also to ensure proper care of the fitness equipment. Please Note: In an effort to protect our students and employees, employees are not permitted to dress in the boys or girls locker rooms adjacent to the Wellness Center.

Music, Television, Listening Devices, and Cell Phones

Participants may use personal listening devices. The Wellness Center Supervisor regulates the music and television selection in the Wellness Center. Music that includes any type of foul language is not to be played. Televisions will be turned on only upon discretion of the teacher, coach, or Wellness Center Supervisor. The volume control on the televisions will be turned down all the way, and the closed captioning feature will be used. Cell phones may be used in the foyer area, but are not to be used in the Wellness Center.

Food and Drink

No food or drink is permitted in the Wellness Center. If you do bring your own water, please use a sport bottle or similar spill proof container and it must remain in the wall storage area to avoid spills on equipment or where others are exercising.

Personal Items

A small storage area is available within the Wellness Center. Personal items such as book bags, backpacks, coats, sweats, etc. are not permitted on the floor of the Wellness Center. These items must be stored in the designated area. Participants are encouraged to leave valuables at home. The Glassboro Wellness Center and the Glassboro School District are not responsible for lost or stolen items.

Childcare

The Wellness Center does not provide a nursery or childcare services. Children may not be left unattended in the Wellness Center, may not wait by exercise equipment while a parent exercises, nor in the foyer area outside the Wellness Center.

Exercise Equipment Use and Care Guidelines

In an effort to promote both time efficiency and exercise effectiveness for all participants we would request that you adhere to the following guidelines for use of exercise equipment. The purpose of posting these guidelines is to increase the comfort level of all participants. If any individual has any questions or concerns please feel free to discuss them with the Wellness Center Supervisor. In the event of an emergency within the Wellness Center, notify the Wellness Center Supervisor immediately, and follow their instructions or call 9-1-1. If you have an injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you.

Strength Equipment

Please observe the following rules when using strength equipment:

- If you are doing multiple sets on a piece of equipment please allow others to “work in” with you.
- It is appropriate Wellness Center etiquette to ask politely if you can work in with someone on a piece of equipment. Normal courtesy is to accommodate the request.
- When performing lifts over or above the body, a spotter and weight collars are required.
- When finished with a piece of equipment, it is courteous and expected that the equipment be returned to its original state, and weights are returned to their appropriate area of the Wellness Center. ❌ Slamming or dropping barbells or dumbbells is not permitted.
- Work together to accommodate the needs of all participants.
- No weightlifting chalk is permitted. Benches are NOT allowed on the wood platforms.
- No loitering around the machines. The Wellness Center is a place to exercise, not socialize.
- After using a piece of equipment, it is courtesy to spray it with disinfectant and wipe with a paper towel. This will help prevent the spread of disease and make it more comfortable for all patrons.
- If you are not sure how to properly use a piece of equipment, please ask.

Cardiovascular Equipment Guidelines

Please observe the following rules when using strength equipment:

- If others are waiting; please limit your time on each machine to 30 minutes.
- It is appropriate Wellness Center etiquette to ask politely how much longer the user will be on a cardiovascular machine. Normal courtesy is to let them know so they can plan their workout accordingly.

- When finished using the cardiovascular equipment, please wipe down the equipment with approved sanitary cloth and reset the machine. NEVER spray directly on the display console. Wellness Center General Policies Please observe the following rules and regulations:
- The Glassboro Wellness Center is a controlled access facility. Only registered member users are permitted entry. Responsibility for general supervision of fitness area rests with the Supervisor.
❑ Profane or indecent language is inappropriate. The Wellness Center Supervisor may ask for photo identification of members to prevent fraudulent use of memberships.
- As per school policy the possession or use of alcohol, tobacco products, or illegal drugs is prohibited.
- Pregnant women/persons with medical conditions should consult a physician prior to exercising.
- Fees will be re-evaluated each year to see if there will be a change. The fees are intended to cover the costs of cleaning wipes, added wear on the machines, key cards, etc.
- The employee agrees to attend a training session prior to first use of the equipment. The training session will only be offered in the Wellness Center. After completing the training session the employee will be approved to access the Wellness Center and equipment.
- When approved for access to the Wellness Center and equipment, the employee will need to come to the district office during regular business hours and turn the agreement in. Key cards will then be sent after approval process. The key card will allow access to the Wellness Center.
- The employee agrees not to allow anyone access when entering/leaving the building or to allow any other individual to use the key card issued to him/her.
- The fitness room and equipment at Glassboro High School are to be used only by the employee. No spouse, family, friends, or other individuals are allowed to accompany an employee into the Wellness Center at Glassboro High School.
- The employee agrees not to move any of the equipment from its current location.
- The employee agrees not to bring food or drinks, including water, into the Wellness Center at Glassboro High School. Water may be kept in spill-proof containers at the storage area.
- Expanded hours during the summer may occur. You will be notified of any changes.
- Usage of the facility will be monitored. Violations of the agreement will be reported to the Superintendent of Schools and will result in deactivation of the employee's access. An employee could be denied further access to the Wellness Center at Glassboro High School for a period of up to one year. Coaches in violation of these rules may have both Wellness Center access and coaching privileges revoked