

USD 308 Wellness Center/Cardio Room Use Form

Policies & Procedures:

1. The Wellness Center/Cardio Room (Center) is open to all certified and classified staff from 5am-8am, 11am-1pm and 4:30pm-10pm Monday thru Friday. During the weekends and summer months the center will be available at your convenience. The Center is not open during district holidays. Access to the Center will be available by use of keycard. HHS students have access to the Center after school until 4:30 p.m.
2. Employees and spouses are allowed to use the Center if a signed use form is on file for both. Absolutely **NO** children are allowed in the Center. Spouses using the Center need to be accompanied with the district employee. Spouses will not be issued keycards.
3. Employee and spouses are to sign in and out when using the Center.
4. All employees and spouses will sign the USD 308 Wellness Center/Cardio Room Use Form. This form is to be kept on file at the District Support Service Center (SSC). SSC will issue the keycards.
5. After use of equipment please wipe down the machine with disinfectant and paper towels that are provided.
6. There is a time allowance of 30 minutes on all cardio equipment when other persons are waiting to use the same equipment.
7. Please wear clean workout shoes on all equipment.
8. Only water in a spill proof container may be brought in to the Center.
NO food or other beverages, including Gatorade or Powerade will be allowed.
9. Please do not touch TV's. All adjusting should come from the equipment's cardio theatre hook up.
10. Failure to comply with the above policies will result in loss of use.

I have read and I understand the above rules for use of the Wellness Center/Cardio Room (Center). I agree that use of the Center and its equipment is at my own risk and hereby release the district from any injury or aggregated health problems that I may incur due to the use of the Center.

Employee and/or Spouse Signature

Date

Print Name of Employee or Spouse:

Employee Location: