

## Portage Area School District Wellness Center

### Employee Guidelines

#### Statement of Agreement

The Portage Area School District recognizes that healthy employees make better employees. Not only does this reduce employees' health risks for chronic disease but also reduces district expenditures for illness and health costs. Therefore, the Board of Director's extends the offer to utilize the district's Wellness Center to all district employees given the following guidelines.

In order to make the Wellness Center a safe and healthy environment for all students and staff, we ask you read and adhere to the following operating guidelines. Return signed agreements to the District Office. If you have any questions, please feel free to ask the Athletic Director or Building Principal.

- To be eligible to utilize the Wellness Center and equipment, an employee must have on file in the district office this signed statement of agreement. An employee is defined as an individual receiving a payroll check. Spouses, children, family members, or other individuals are not permitted entry. Volunteer coaches may only use the facility while in the presence of a paid coach during the sport's designated PIAA season.
- The Wellness Center will open to PASD employees Sunday thru Saturday from 5:00am until 9:00pm, but not during the school day when in session. Exercising over lunch or during preparation periods is prohibited. On school holidays or breaks, including the summer, the facility is open to employees from 5:00am to 9:00pm. In the event school is closed for inclement weather, employees are not permitted use of the facility.
- Before using the facility and equipment each visit, employees are required to sign the daily log sheet located in the Wellness Center.
- Individuals must wear appropriate athletic attire when exercising in the Wellness Center. Clothing that includes hard metals (ex. rivets, buttons, etc.), has inappropriate messages/meanings, or open-toed foot wear are not permitted.
- Ensure proper technique and use of equipment for your safety and a safe environment. If unsure how to use a particular piece of equipment, seek assistance. Resistance training lifts (free weights) require a spot by a competent partner.
- Maintain a clean and organized facility. Ensure that all weights, dumbbells, and exercise equipment are properly stored following use. To maintain hygiene, disinfectant wipes are available. Wipe down equipment after use.
- No inappropriate language or sexual content should be displayed on the radio or TV.
- Promote a positive learning and working environment. No profanity, harassment, or hazing.
- Locker rooms may be used and accessed from the Wellness Center. However, locker rooms are off limits when events/games are being held in the HS gymnasium.
- Wellness Center cameras are used to ensure safety and accountability for the Wellness Center

**Anyone not following these guidelines will have privileges revoked and be subject to further disciplinary action including possible dismissal.**

## Release of Liability

I understand that any exercises, exercise techniques, or exercise technique that I choose to utilize as part of the PASD Wellness Center are strictly of my own selection and are not chosen in reliance upon any advice or representation of any PASD staff member. I am familiar with the equipment I will use during my use of the Wellness Center and I agree to refrain from using equipment with which I am not completely familiar. I agree to inspect any equipment I intend to use prior to using it, to report any perceived malfunction or disrepair and to refrain from using equipment that may be unsafe. I understand that the Wellness Center is available for use by PASD employees at designated times. I understand that the Wellness Center may not be supervised and there may be no attendants or any other PASD employees on site while I use the facility and I agree to use the facility and equipment entirely at my own risk. I acknowledge that it is exclusively my responsibility to seek from my own physician a medical evaluation and clearance before engaging in any physical exercise.

I agree to release, discharge and hold harmless PASD and its officers, employees and agents from any and all claims, injuries, demands, cause of action, judgments, costs and any liability whatsoever in any way related to use the use of the Wellness Center. This release of liability shall apply to any right of action that might accrue to myself, my heirs and personal representatives. I agree to assume all risks inherent in participation in any PASD physical activity programs and events, the use of the Wellness Center, its facilities and equipment, including the risk of injury caused by malfunctioning or improperly maintained equipment.

I certify that I have read and understand the contents of the Guidelines and Release of Liability and will abide by its terms.

Print name: \_\_\_\_\_

Sign name: \_\_\_\_\_

Date: \_\_\_\_\_

*Please return signature page to the Administrative Office prior to use of the facility.*