

ST. MARY'S ACADEMY FITNESS ROOM GUIDELINES



ACCESS TO FITNESS ROOM

- Fitness room is only available to those who are working out and are wearing proper fitness attire.
- Any employee/student who has an underlying medical condition that could put them at risk of injury or over-exertion is responsible for consulting their doctor.
- A training session is mandatory before using the equipment for the first time. Consult with Physical Education teacher for training.
- No student is allowed in the fitness facility alone.
- Grades 7 – 8 - Adult must be present in the gym area.
- Grades 9 – 12 - Another student in Grade 9, 10, 11, or 12 must be present.
- During Physical Education classes please enter the fitness room from the hallway.
- During school hours Physical Education classes have priority use, but we accommodate all interested in using the equipment.
- If exercising when a physical education class is in session you may be asked to leave if your presence is interfering with the class.

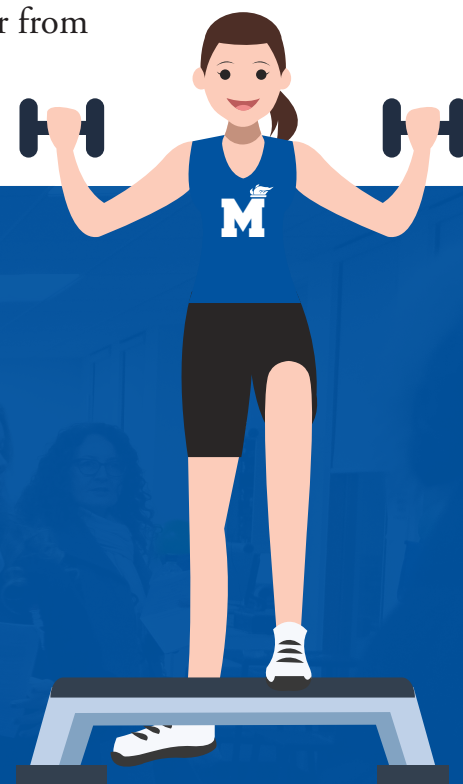
USE OUTSIDE OF CLASS TIME GRADES 9 – 12

Students in grades 9-12 are encouraged to use the fitness room before school (7:15 – 8:30 AM), during spares and at lunch time and after school. Students who wish to use the fitness room at any of these times must:

- Read the guidelines and understand rules and regulations.
- Adult must be present in the gym area.

HOURS OF OPERATION

- **School days/evenings - 7:15 AM - 9:30 PM**
- **Weekends for employees only - 7:30 AM - 5:00 PM**
- If entering the fitness room outside of school hours such as evenings or weekends please **phone 204-477-0244**. Listen to the prompts or from a school **phone ext. 283** and notify custodial staff.
- Building and grounds are closed, no access to fitness room.



EQUIPMENT AND SAFETY

- Only staff and administrators may adjust TV, DVD and sound system controls.
- Do not move or remove equipment from the area.
- To ensure user safety, equipment should not be modified or used in any unintended manner.
- Never interfere with a person who is lifting.
- Use a 'spotter' when lifting heavy weight.

RESPECTFUL USE OF EQUIPMENT

- 30-minute time limit on cardio machines
- Wipe down equipment after use.
- Share equipment and allow others to work in-between sets.
- Do not slam weights together or drop dumbbells on the floor.

PLACE WEIGHTS ON RACK. PLEASE LEAVE THE FACILITY AS YOU FOUND IT.

.....

PROHIBITED ITEMS

The following items must not be brought into the fitness room:

- NO** food or drink (ONLY water)
bags or coats.
taking of photos/videos on cellphone/camera

CLOTHING

All users must wear appropriate workout clothing and indoor footwear.

