

# WEIGHT ROOM

## RULES & REGULATIONS

### **\* HOURS OF OPERATION**

MONDAY THROUGH FRIDAY  
5:30 A.M. UNTIL 7:00 A.M. AND  
7:30 P.M UNTIL 9:30 P.M.

**\*FACILITY WILL BE AVAILABLE ONLY  
WHEN SCHOOL IS OPEN FOR STUDENTS**

### ***\*SCHOOL ACTIVITIES TAKE PRECEDENT\****

1. OPEN TO AVON LAKE RESIDENTS ONLY
2. ID'S (ONCE ISSUED) REQUIRED FOR ENTRY
3. NO AVON LAKE CITY SCHOOLS' STUDENTS PERMITTED AFTER 9:00 P.M.
4. THE WEIGHT ROOM IS NOT AVAILABLE TO STUDENTS IN GRADE 6 & UNDER.
5. TO USE THE WEIGHT ROOM STUDENTS IN THE 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE MUST BE ACCOMPANIED BY A PARENT/GUARDIAN, AND MUST HAVE INSTRUCTION ON THE USE OF THE EQUIPMENT BY THE FITNESS ROOM SUPERVISOR. (PARENT MUST HAVE A PAID MEMBERSHIP).
6. NO FOOD OR BEVERAGE PERMITTED (Plastic water bottles only)
7. GYM SHOES REQUIRED (NO STREET SHOES OR SANDALS)
8. NO LOCKER ROOM FACILITIES AVAILABLE
9. ABSOLUTELY NO PROFANITY
10. INSTRUCTION ON EQUIPMENT BY FITNESS TRAINER RECOMMENDED
11. USE A SPOTTER WHEN LIFTING HEAVY FREE WEIGHTS
12. USE OF CARDIO EQUIPMENT LIMITED TO 20-MINUTE INTERVALS WHEN BUSY AND INDIVIDUALS ARE WAITING.
13. DO NOT REMAIN ON EQUIPMENT BETWEEN SETS, BE COURTEOUS, AND LEAVE EQUIPMENT PROMPTLY.
14. WIPE DOWN EQUIPMENT AS NEEDED AFTER USE, PAPER TOWELS AND DISINFECTANT PROVIDED.
15. DUMBBELLS AND WEIGHT PLATES MUST BE RETURNED TO THE APPROPRIATE RACKS AFTER USE. (DO NOT LEAVE PLATES ON THE FLOOR AT ANY TIME)
16. JACKETS AND OTHER CLOTHING ITEMS ARE TO BE PLACED IN DESIGNATED AREAS.
17. NO LOITTERING IN WEIGHT ROOM OR HALLWAY
18. ALL STUDENT CODE OF CONDUCT RULES APPLY
19. BE COURTEOUS-AVOID INJURY-HELP OTHERS!
20. STUDENTS MUST SHOW STUDENT ID CARDS FOR ENTRY

**EMPLOYEES OF THE AVON LAKE CITY SCHOOL DISTRICT RESERVE THE RIGHT TO REMOVE THOSE INDIVIDUALS NOT ADHERING TO THE ABOVE RULES AND REGULATIONS**



**WE ARE A SMOKE FREE CAMPUS**  
**SMOKING IS PROHIBITED ON ALL SCHOOL PROPERTY**