

Renville County West Policy #902.1
Fitness Center

I. PURPOSE

The purpose of this policy is to ensure that all rules and safety precautions are adhered to while promoting physical activity to staff, students, and community members at Renville County West.

II. GENERAL STATEMENT OF POLICY

The Fitness Center has a complete line of cardiovascular, free-weights, and strength machines for a safe and effective exercise routine. The most modern exercise systems have been incorporated to optimize your time and workout efficiency. All equipment in the fitness center is state of the art.

III. ESTABLISHMENT OF DIRECTIVES AND GUIDELINES

The superintendent shall develop directives and guidelines to address methods and times for fitness room hours, waivers, and behaviors while engaging in physical activity in the fitness center.

- A. Participant must be present at all times while their guest is on the premises and take full responsibility for any damages to equipment caused during that time.
- B. Renville County West will provide supervision, instruction, or assistance for the use of the facilities and equipment to all minor students and team members.
- C. Renville County West does not provide supervision, instruction, or assistance for the use of the facilities and equipment to members of the community. Any person utilizing the weight room will be doing so at their own risk.
- D. Participants must agree to conduct themselves in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.
- E. Renville County West is not responsible for any personal property that is lost, stolen, or damaged while in, on, or about the premises.
- F. Access to the facility and equipment is a privilege, not a right, and failure to adhere to posted rules, regulations, and times will result in the loss of entry to Renville County West at any time without given notice.
- G. Any theft of the Renville County West School District properties or equipment while on the premises will be investigated as a crime by the Renville County West School District and the local police department.

- H. Entrance to Renville County West will be observed only in the fitness area during posted hours. Gaining access to the remainder of the building, without checking into the building or District offices, will be considered unlawful and prohibited and can result in trespassing charges by local law enforcement.
- I. All individual card holders will be required to renew their waiver every year for continual usage of weight room and gym.
- J. Individuals who are not currently an enrolled student or staff member, or do not reside in the Renville County West District, will not be given access cards to the fitness center or gymnasium.

IV. MEMBERSHIP RATES AND HOURS

All rates established by resolution of the RCW Board of Education and subject to change.

Package	Monthly	Annual
RCW School Student (Ages 13-15 only with Athletic coach, teacher, or parent)	Free	Free
RCW Staff Member	Free	Free
Individuals residing in the RCW School District (Adults over 18)	N/A	\$10.00

- A. The schedule will be posted at the fitness center. On school days, the schedule for public usage will be 5:30 a.m. – 7:30 a.m. and 5:30 pm – 9:00 pm Monday-Friday. During the weekends, public usage will be 5:30 am – 9:00 pm. Renville County West Administration reserves the right to make schedule changes as needed.
- B. The Fitness Center will follow the same weather policy as the rest of the building.
- C. Entrance key cards will be issued to adults 18 and older. A lost card will cost \$25 to replace.
- D. Parents cannot leave children unattended while they are using the school fitness center.

V. SOUTH LARGE GYM HOURS OF OPERATION

On school days, the schedule for public usage will be 5:30 a.m. – 7:30 a.m. and 5:30 pm – 9:00 pm Monday-Friday. During the weekends, public usage will be 5:30 am – 9:00 pm. Renville County West Administration reserves the right to make schedule changes as needed. The exception to these times would include any times that there are activities previously scheduled. Please check the activities calendar on www.rcw.k12.mn.us for availability.
(THE NEW GYMNASIUM WILL NOT BE OPEN FOR USAGE.)

VI. ANNUAL REVIEW

This policy must be reviewed annually by the Renville County West school board.

Adopted: March 13, 2017

Revisited: March 9, 2020

Revised: July 10, 2023