FITNESS/WELLNESS CENTER REGULATION

All users of the Center agree to abide by the Center's Rules and Regulations while in the facility (Exhibit 7010-E.2). These Rules and Regulations are posted in the room and may change from time to time and such changes will be conspicuously posted. Failure to abide by the Center's Rules and Regulations may result in termination of use.

Times

Physical Education	8 AM to 5 PM	Monday through Friday on all school days
Intramurals		
Athletic Teams	5 PM to 9:30 PM	Under supervision of coach of teams (Teams may work in conjunction with Intramurals with Intramural Supervisor agreement.)
Open		Open to PCSD students in grades 6-12, current and retired district employees appointed by the Board of Education, and employee's spouse and family member as defined under the school district health insurance plan. (District employee must be present at time of use by children.) School District ID card must be presented to use the facility before and after school hours (6:30 a.m. to 8:00 a.m. and 5:00 p.m. to 9:00 p.m.) and holidays and vacations.
	6:30 to 8 AM (Monday through Friday)	With supervision
	6 PM to 9 PM	As indicated by communications and posted times.

All posted times must have adequate supervision.

School Vacations		As communicated throughout district based on adequate staffing.

Supervision

The Center will be supervised at all times by Physical Education/Coaches or certified teachers and administrators employed by Plattsburgh City School District who have gone through special training on all pieces of equipment. The training will be handled by the Physical Education Staff. There will be a minimum of two general training sessions a year by the staff along with individual training as necessary. All supervisors will be CPR certified and have completed the First Aid class.

Screening Process

A completed Fitness Center Release Form will be requested from those district employees and spouses/family members who wish to utilize the facility (Exhibit 7010-E.1).

Adoption date: March 23, 2006