

FITNESS CENTER RULES

- 1. YOU ARE EXERCISING AT YOUR OWN RISK! Fitness Center is available to supervised North Branch High School students (9th through 12th grade) and adult (18 years of age or older) community members from 6:00 to 9:00 p.m. Monday through Thursday.**
- 2. Students/Athletes MUST be SUPERVISED at all times while using the facility.**
- 3. Equipment must be returned to its proper starting status when you are finished. FREE WEIGHTS MUST BE RACKED AFTER USE.**
- 4. Patrons of the fitness center must wear appropriate exercise attire at all times. This includes wearing shirts, mid-thigh or longer shorts, socks, and athletic shoes. NO SANDALS OR STREET CLOTHES!**
- 5. The fitness center is a public, family facility. Participants are expected to refrain from vulgar or obscene language, destructive or dangerous behaviors, harassment or intimidation of other patrons or staff, and excessive public displays of affection.**
- 6. Cell phones are not allowed in the workout area or changing rooms. They should be kept in lockers.**
- 7. Cameras of any sort are not allowed for use in the fitness center without the expressed permission of the center supervisor on duty.**
- 8. Patrons are expected to CLEAN EQUIPMENT after every use.**
- 9. Capped water bottles are accepted. NO OTHER FOOD OR DRINK IS ALLOWED in the fitness center.**
- 10. Use of CARDIO MACHINES are limited to 30 minutes.**
- 11. Please be prepared to leave at the time that the fitness center closes for the day.**
- 12. The fitness center phone is for emergency use only.**

~The staff of the NBHS Community Fitness Center is responsible for the maintenance of these operational rules. In consideration of all patrons, any patron not complying with the operational rules will be requested to leave the facility.