

# North Reading High School Fitness Center

## Protocols for Use

The Fitness Center at North Reading High School is a state-of-the-art facility designed to enhance the wellness of the high school community. Students and staff are invited to use the center and are requested to practice the following respectful and healthy behaviors:

- 1) Students must have teacher or coach supervision.
- 2) Teachers and coaches must be the first in/last out when supervising students. The facility must be locked upon departure.
- 3) A log will be available in the center. Please use this to help us track facility use.
- 4) Each individual user is required to wipe down machines after use. *Please spray the cloth, not the machine.* This will help avoid buildup of solution on the machines and lengthen the life of the electronic components.
- 5) Please wear clothing that is suitable for exercise. Boots and street shoes should be changed to sneakers. Belts, chains, or anything that might damage padding or get caught in machinery is not allowed.
- 6) Water is allowed; no other food or drink, please.
- 7) Phones/headphones are only allowed on cardio equipment. This helps create an awareness of others in the room.
- 8) Weights and stacks must be returned to their proper place after use.
- 9) Compliance with these simple practices is important to all who use this space.
- 10) The supervising teacher or coach may determine that a student be removed from the space for a period of time if he/she is not in compliance with these protocols.

Link to training video:

[https://www.youtube.com/watch?v=b2izG85D\\_3E&feature=youtu.be](https://www.youtube.com/watch?v=b2izG85D_3E&feature=youtu.be)