

## **Kinder HSPVA Fitness Room Rules**

1. Fitness Room Hours are Monday through Friday from 6:15 to 7:15 during mornings and 4:00 to 5:00 during afternoons.
2. All students must always sign in and out.
3. Under no circumstance are students allowed to use the Fitness Room without an adult present.
4. Follow all instructions given by the adult on duty always.
5. Absolutely no horseplay or irresponsible use of the equipment will be tolerated and violations may result in loss of Fitness Room privileges.
6. Towels are available for use and should be used on all machines. All used HSPVA towels should be placed in hamper when done.
7. If unsure on how to use a piece of equipment, ask!
8. Headphones are required for music; no speakers of any kind are allowed.
9. Proper fitness room attire should be worn and this includes shirts and proper coverings worn always.
10. No food or drinks allowed except for water or sports drinks in closed bottles.

\* The schedule reflects times that an adult has committed to opening the fitness room for student use. However, this is subject to change in the event of an emergency or the inability of that adult to find coverage. In the event of no adult being available, the fitness room will not be open.

\*The Fitness Room can only accommodate 12 to 15 individuals at a time.