

EDWARDS-KNOX CENTRAL SCHOOL DISTRICT
FITNESS CENTER/WEIGHT ROOM
RESIDENT AND STAFF
RULES/GUIDELINES

1. Equipment can only be used **after approval** has been given by a member of the PE Department. ALL participants MUST be trained on each piece of equipment and MUST have completed ALL paperwork BEFORE they can start.
2. Participation Guidelines:
 - No child under grade 5 is permitted in the room. A minimum of two participants are necessary if a student is between grade 6 and grade 9 (one participant must be 18 years or older and graduated from high school to be in the area).
 - Edwards-Knox District resident adults, staff and Edwards-Knox students in grades 10-12 can use the equipment without a partner.
3. Follow **ALL** safety tips for intended use. There will be **NO HORSEPLAY ALLOWED.**
4. Please notify the Rachael Matejcik if you see something that is broken.
rmatejcik@ekcsk12.org or phone: 315-562-8130 Ext. 25570
5. If there are others waiting to use the equipment, please limit your time on the machines.
6. The room may ONLY be occupied **during approved times:**

September - June Hours

Monday - Friday: 4AM - 7:30AM & 3PM - 11PM

Saturday & Sunday: 7AM - 5PM

July - August & School Breaks

5AM - 9PM

Break Dates Include: (11/27 & 11/29), (12/23 & 12/26-12/27 & 12/30-12/31),
(2/17-2/21), (4/18 & 4/21-4/25)

Holiday Closure

New Year's Day, Martin Luther King Day, President's Day, Good Friday, Easter Monday,
Memorial Day, Juneteenth, Independence Day, Labor Day, Columbus Day,
Veterans' Day, Thanksgiving, Christmas Eve, Christmas Day and Lunar New Year

7. The Fitness Center will be closed when after-school activities or school closures occur due to inclement weather or emergencies
8. Privileges to use the fitness center/weight room **can be lost** (at the discretion of Edwards-Knox Central School Administration) if found to be not in compliance with these guidelines.