

## **WESTERN SCHOOL CORPORATION GUIDELINES FOR USE OF MULTI - PURPOSE FACILITY AND WEIGHT ROOM**

### **Student Use**

- Students in the Multi-Purpose Facility and/or Weight Room must be supervised by their respective coaches, or weight room coordinator.
- Students are to be dressed in proper attire (shorts, T-shirts, tennis shoes).
- Students will not abuse equipment in any way. Infractions will result in suspended use of the facility for a time to be determined by the Administration.
- This is a work area! Abuse of equipment could result in injury. Students causing a disturbance will be asked to leave.
- Weight Room - Students are not to lift alone. When using free weights you must have a spotter. Replace all weights on racks and do not leave weights on the bars.
- The treadmills, bicycles, elliptical trainers, and climbers are not to be used by students until they have received proper instruction and are under the supervision of the weight room coordinator or supervisor.
- Students are not to bring students from other schools or other guests to use the facility.
- The Multi-Purpose Facility and weight room are not open for student use except for interscholastic team practice and contests or as outlined under Community Use.
- No pop, sports drinks, or food is allowed in the Multi-Purpose Facility and/or weight room at any time (water bottles only).

### **Community Use**

- All residents of the Western School District are eligible to use the facilities as scheduled below.
- The use of the track and weight room is free to all Western residents. Residents attending an aerobics class will be charged a fee to cover the cost of the instructor.
- A membership card or student ID is required to be admitted to the Multi-Purpose Facility and/or Weight Room. Membership cards are available through the office of the Assistant Superintendent.
- Members are not to bring guests in on their membership. Individuals from outside the Western School district will not be allowed to use the facilities.
- Dressing room and shower facilities will not be provided.
- There are to be no children under 6<sup>th</sup> grade in the weight room at any time.
- Middle School students are not to be in the weight room at any time unless supervised by their parent or coach.
- No pop, sports drinks, or food is allowed in the Multi-Purpose Facility and/or weight room at any time (water bottles only).

- Proper dress for the Multi-Purpose Facility and/or weight room is sweats or athletic shorts, T-shirts, tennis shoes and work-out attire.
- Weight Room - Replace all free weights on the racks. Please do not leave free weights on the bars.
- When the treadmills, bicycles, elliptical trainers, and climbers are busy, please do not use the equipment for more than 30 minutes per person.
- Cages and Courts are only available as outlined below.
- Abuse of equipment or not following rules will result in the loss of privileges to use the facility.

**Hours of Operation and Use**

**Monday – Friday (Day Use)**

<b>Hours</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
5:00 a.m. – 7:00 a.m.	Western Patrons and School Employees – Use of Track and Weight Room	Western Patrons and School Employees – Use of Track and Weight Room	Western Patrons and School Employees – Use of Track and Weight Room	Western Patrons and School Employees – Use of Track and Weight Room
5:00 a.m. – 6:00 a.m.	Scheduled Aerobics (participation fee for instructor) – Open to Western Patrons and School Employees	Scheduled Aerobics (participation fee for instructor) – Open to Western Patrons and School Employees	Scheduled Aerobics (participation fee for instructor) – Open to Western Patrons and School Employees	Scheduled Aerobics (participation fee for instructor) – Open to Western Patrons and School Employees
6:00 a.m. – 7:00 a.m.	Inside of Track – School Use Only	Inside of Track – School Use Only	Inside of Track – School Use Only	Inside of Track – School Use Only
7:00 a.m. – 2:30 p.m.	School Use as Scheduled through Central Office	School Use as Scheduled through Central Office	School Use as Scheduled through Central Office	Athletics & Band – Scheduled through the Athletic Director
2:45 p.m. – 5:00 p.m.		Athletics – Scheduled through the Athletic Director		
2:45 p.m. – 6:00 p.m.	Athletics & Band – Scheduled through the Athletic Director		Athletics – Scheduled through the Athletic Director	Closed or Scheduled through Central Office

**Monday – Thursday (Evening Use)**

<b>Hours</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
5:00 p.m. – 9:00 p.m.		Western Patrons and School Employees – Use of Track and Weight Room		Western Patrons and School Employees – Use of Track and Weight Room
6:00 p.m. – 9:00 p.m.	Western Patrons and School Employees – Use of Track and Weight Room		Western Patrons and School Employees – Use of Track and Weight Room	
5:00 p.m. – 9:00 p.m.		Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director		Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director
6:00 p.m. – 9:00 p.m.	Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director		Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director	

**Saturdays**

<b>Hours</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
6:00 a.m. – 8:00 a.m.	Western Patrons and School Employees – Use of Track and Weight Room (except as Scheduled for School Contests or Events)	Western Patrons and School Employees – Use of Track and Weight Room (except as Scheduled for School Contests or Events)	Western Patrons and School Employees – Use of Track and Weight Room (except as Scheduled for School Contests or Events)	Closed or Scheduled through Central Office
8:00 a.m. – 12:00 p.m. (noon)	Athletics & Band – Scheduled through the Athletic Director	Athletics – Scheduled through the Athletic Director	Athletics – Scheduled through the Athletic Director	Closed or Scheduled through Central Office

<b>Hours</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
12:00 p.m. (noon) – 4:00 p.m.	Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director (except as Scheduled for School Contests or Events)	Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director (except as Scheduled for School Contests or Events)	Cages & Courts – Western/Russiaville Youth Sports – Scheduled through the Athletic Director (except as Scheduled for School Contests or Events)	Closed or Scheduled through Central Office

**Sunday** - Closed or Scheduled through Central Office through a Facility Request Form