



**ALEXANDRIA
Public Schools**

Our Mission

To achieve educational excellence and to inspire a life-long passion for learning.

Our Vision

To be an extraordinary school district that tailors learning for each child, by working together!

Personal Use of Fitness Center Agreement
Alexandria Public Schools
2017-2018 School Year

Name _____ Date _____

Address _____

Cell Phone # _____ Primary Work Assignment (Building or Department) _____

Circle the facility that you intend to utilize: DMS Weight Room Or AAHS Fitness Center

Available times for staff use will be **Monday through Friday from 5:30-7:30 a.m. – School Days only**

Alexandria Public School staff members interested in utilizing the District’s fitness centers will be offered the opportunity to utilize the facilities under the following conditions.

1. Staff members must have a signed and approved “Personal Use of Fitness Center” agreement, which signifies understanding of the Guiding Principles (pg 2), prior to use of the facility.
2. Staff members must have a signed and approved Waiver of Liability.
3. Staff members must have watched the training/safety video.
4. At no time will staff use the fitness center at the same time as students. Once the agreement is signed and approved, the staff members access card (swipe card) will be set up to allow access to the designated space from 5:30-7:30 a.m. on school days only. These spaces will not be available on non-school days.
5. All staff using the space must swipe in if they plan to access the space. Staff members must not allow another person to enter the facility.

Please read, sign and return this **Agreement** along with the **Waiver Form** to the Human Resources Director:

I plan on utilizing Alexandria Public Schools’ Fitness Center for personal use and will abide by the following rules and procedures.

1. I understand that this offer is extended to **staff members only**. Staff are not allowed to bring spouses, children or friends to utilize the space.
2. I have viewed the safety and training video found on the district website in its entirety and will follow procedures as directed.
3. I understand there is no supervision or guidance provided in this space. I am fully responsible for my own safety.
4. I will practice safe lifting, work out behaviors, and assume complete liability for injury.
5. I agree to return all weights and equipment to the proper location after use.
6. No food or drink allowed in the room, with the exception of water.
7. Proper workout attire and footwear are required. No street clothes or shoes.
8. Locker rooms will be unlocked and available at DMS. Staff members will not have access to a personal locker.
9. Locker rooms will be locked at AAHS, and therefore available on a limited basis. Staff members will not have access to a locker.

I agree to abide by the rules listed above and understand infractions will result in a revocation of privileges.

Employee Signature

Date

Human Resources Director Approval

Alexandria Public Schools - ISD #206

Guiding Principles for Personal Use of Fitness Center

Research has shown that a healthy workplace improves productivity and morale and in many cases results in less time off work due to stress-related illnesses. In response to this research and in coordination with our Wellness Initiative, Alexandria Public Schools will provide space for the use of fitness equipment at Discovery Middle School and/or Alexandria Area High School to create a work culture that focuses on the health and wellness of our employees. For the purpose of this agreement, employees are defined to include staff members whose primary work assignment is through Alexandria Public Schools. Volunteers, non-APS staff members who coach (booster coaches), and substitute staff members are not included in this agreement.

- Fitness Centers were designed and developed for use by students and athletes, therefore students will continue to hold priority over staff when making facilities available.
- Staff and students will not utilize facility at the same time. Staff use will be limited to M-F from 5:30-7:30 a.m.
- Alexandria Public School District (APS) does not intend to compete with local fitness related businesses.
 - Access to our facility will be for staff members only and will not be extended to spouses, children, friends or community members whose primary work assignment is not with Alexandria Public Schools.
- APS will provide access to fitness centers on a trial basis, in an effort to promote staff wellness.
- Staff who intend to use the fitness centers must sign up in advance and have an approved **Agreement** and **Waiver** in place prior to accessing the facility.
- This personal use initiative will be monitored and evaluated throughout the year.
- The District will not provide guidance, training assistance or supervision during this time.
- Staff who choose to use the fitness center for personal use are mandated to watch the video found on the district website under 'staff' and to have a signed agreement in place prior to using the facility.
- This program is available for those who are able to design and carry out their own work out plan.
- Staff who do not follow the guidelines and procedures listed in the agreement will have their privileges revoked.



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THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND LIABILITIES. PLEASE READ CAREFULLY.

Name (please print): _____

Waiver, Release, and Indemnity

I intend to use some or all of the fitness facilities/equipment offered by Alexandria Public Schools. I have familiarized myself with the fitness facilities/equipment and understand my use is self-directed and unsupervised. I have consulted with a health care professional and agree that I may experience potential health risks, bodily injury or death and I assume full responsibility for those risks or injury.

I hereby release, waive and forever discharge Alexandria Public Schools and its respective employees, agents and representatives of and from all claims, demands, damages, costs, expenses, actions and causes of action, in respect to death, injury, loss or damage to my person or property however caused, arising or to arise by reason of my use of fitness facilities/equipment, whether as a spectator or participant or otherwise.

I further agree to hold harmless and indemnify Alexandria Public Schools and its employees, agents, and representatives from and against any and all claims arising from, or in any way connected with my use of, the fitness facilities/equipment.

By signing below, I acknowledge I have read, understood and agree to the above Release, Waiver and Indemnity.

Participant Name (please print): _____

Participate Signature: _____

By signing below, I bear witness that the participant named above has read and is consenting to all requirements as presented through the Agreement, Guiding Principles and Waiver form.

Witness Name (please print): _____

Witness Signature: _____

Date: _____