

Bulldog Fitness Center After School Usage



Dear families of West York Area Middle School,

The Bulldog Fitness Center, which is home to a variety of machines (strength building and cardio), will be available for student use during after-school hours. Our goal is to provide a safe workout environment while focusing on positively influencing fitness levels.

For your child to be able to participate in our after-school program, please follow the steps outlined below:

1. Complete the Student/Parent Contact Info Sheet that includes emergency contact information.
2. Read, discuss, and review the importance of following our Safety Policies and Rules of Conduct.
3. Provide signatures, both parent and student, on the Student-Participation Permission Form.
4. Please have your child return the completed form to the MS Fitness Center Coordinator, Mrs. Konopinski in room 207.

We encourage students to set realistic goals, follow a workout program, and to record their results. The following guidelines are in place to make the program more successful:

- We enforce safety guidelines at all times. Students who are incorrectly using equipment will be re-directed in their use. Failure to correct unsafe procedures may result in loss of privileges.
- The fitness center will be open from 3:15 – 4:00pm. Please refer to the calendar for days of operation. A calendar with days of operation is posted outside of the fitness center, and is available online at <http://middleschool.wyasd.k12.pa.us>. Please click on the Athletics Tab (middle top) for the calendar and copies of other supporting documents.
- Your child should communicate with you that (s)he will be staying after school prior to the beginning of the school day. Staying after school without parental knowledge or permission may result in loss of after-school Fitness Center privileges.
- Students staying for the after school program, will be dismissed on third wave, with the other athletes. They should then proceed to change and head directly to the fitness center.
- For their safety and accountability, students will sign in upon arrival and sign-out when (s)he is finished working out. After signing out, students may then leave the fitness center. Students may leave prior to the designated closing time (4:00pm). Please be sure to provide prompt transportation for your child. A delay in after-school transportation may cause your child to lose their privilege to attend the after-school program.
- Please contact me with any questions or concerns regarding the after-school program.

Respectfully,

Lisa Konopinski, MS Fitness Center Coordinator

ldkonopinski@wyasd.k12.pa.us

MS Fitness Center Safety Policies and Rules of Conduct

1. Students may use the fitness center only after completing the required training, submitting the contact-information and signed permission forms, and completing a one-time orientation.
2. The use of our fitness center is a privilege, not a right. Students with restricted privileges, serving in-school, or out-of-school suspension, may not use the fitness center. Only West York students, athletes, staff and authorized school-district personnel are permitted to be in the fitness center.
3. No one is permitted in the fitness center without a school-authorized fitness center supervisor/staff member.
4. Absolutely NO horseplay is permitted. Inappropriate behavior, language, or attire will not be tolerated (as determined by the fitness center supervisor/staff)
5. All participants must sign in upon entering the fitness center and sign out before leaving. Students are not permitted to leave the fitness center before signing out without the permission of the fitness center staff. Once a student has signed out, (s)he may not return to the fitness center.
6. It is recommended that students follow a workout program and record the results. If using free weights and/or dumbbells, please be sure to return them to the rack after use.
7. Proper attire is required: sneakers, shorts or sweats, and a shirt must be worn at all times. (No tank tops or muscle shirts)
8. No food, gum or drinks (besides water) allowed.
9. Students may bring their own devices to listen to school-appropriate music (use of ear buds/headphones required); however, West York Area Middle School is not responsible for the damage, loss or replacement of such devices (MP3 players, I-pods, I-phones, etc.)
10. Follow all instructions given by fitness center staff.

FAILURE TO FOLLOW ANY OF THE ABOVE POLICIES AND GUIDELINE WILL RESULT IN DISCIPLINARY ACTION, WHICH MAY RESULT IN THE LOSS OF FITNESS CENTER PRIVILEGES.

Open 3:15 – 4:00pm

Please refer to the calendar for days of operation.

MS Fitness Center Coordinator: Mrs. Lisa Konopinski ldkonopinski@wyasd.k12.pa.us

BULLDOG FITNESS CENTER

CONTACT INFORMATION SHEET

Student Information:

Student Last Name: _____ First Name: _____

Grade: _____ Homeroom: _____

Parent/Guardian Information:

Emergency Contact 1:

Name: _____ Relation to student: _____

Phone Number during fitness center hours: _____

Alternate Phone Number: _____

Emergency Contact 2:

Name: _____ Relation to student: _____

Phone Number during fitness center hours: _____

Alternate Phone Number: _____

Emergency Contact 3:

Name: _____ Relation to student: _____

Phone Number during fitness center hours: _____

Alternate Phone Number: _____



BULLDOG FITNESS CENTER

STUDENT-PARTICIPATION PERMISSION FORM

Please read the ***MS Fitness Center Safety Policies and Rules of Conduct*** form before signing.

In order to properly protect my own safety and that of my fellow participants, I agree to follow these rules, those posted directing proper equipment use, as well as any others given to me by my instructor. Further, in recognition of the importance of shared responsibility for safety, I agree to immediately report anyone not following safety rules as well as any observed hazardous conditions or equipment to the instructor. I have carefully read the ***MS Fitness Center Safety Policies and Rules of Conduct***, and I am voluntarily asking for permission to participate. Also, I will always make sure that my parent/guardian knows that I am staying after school and that transportation home is provided.

Signature of Participant

Date

Signature of Parent/Guardian

Date

WAIVER OF LIABILITY

Additionally, I hereby release the West York Area School District and its agents and employees now, or in the future from legal claims and legal actions of any kind arising as a result of injuries sustained by my child as a result of participation in the fitness center regardless of the cause of said injuries or actions taken or not taken by any employee or agent of the school district. I am freely agreeing to sign this release, and it is legally binding me, my heirs, executors, successors and my estate.

Signature of Parent/Guardian

Date

For office use only:

Orientation completed on: _____ Signed: _____