

**Marathon Wellness Center
Use of Wellness Center Facility
Rules and Regulations**

1. Hours of Operation during the School Year

Community Only Hours

4:30 a.m. - 7:30 a.m.	M-T-W-Th-F
5:00 p.m. - 10:00 p.m.	M-T-W-Th-F
4:30 a.m. - 10:00 p.m.	Saturdays & Sundays

All hours of operation are unsupervised! (Must leave the building by 11:00 p.m.)

The MWC will be open during the school day for use by district residents. During the school day, students/classes will have priority for the equipment. Every attempt will be made to provide of calendar of student use in advance so community members may plan accordingly.

2. Summer hours: June 15-August 31.

Community Only Hours

4:30 a.m.-7:00 a.m.	M-T-W-Th-F
12:00 p.m.-10:00 p.m.	M-T-W-Th-F
4:30 a.m.-10:00 p.m.	Saturdays & Sundays

During the designated summer months, the MWC will be open during the day for use by district residents. Students (athletic teams) however will have priority for the equipment. Every attempt will be made to provide a calendar of student use in advance so community members may plan accordingly.

3. Supervision

Students must be supervised at all times. Students must be supervised by school-authorized personnel. Access for students is to be scheduled by school personnel. Schedules are to be made available to the public. Unauthorized use by students will result in a suspension. When supervising students, supervisors must not be using the equipment.

Community only hours will be unsupervised. Building access will be allowed for community members the hours designated on their registration forms. Card reader access will provide entry to the Marathon Wellness Center. Weekend hours will be unsupervised.

4. Age

The minimum age requirement for access to the Marathon Wellness Center is evidence of entry to the sixth grade year of school.

All graduates of Marathon High School who have attained the age of 18 may register for their own access card on or after June 1 of their graduating year. This will allow them access to the facility during community member hours only.

5. General Rules and Regulations

- Training on safe use of the equipment is required prior to use. All new members will be required to attend an orientation session.
- Drugs, alcohol, steroids, and tobacco products are strictly prohibited.
- Spotters and safety collars are required in the free weight area.
- All weights and equipment will be returned to the appropriate racks for storage.
- Food and drinks are not allowed in the MWC, with the exception of bottled water.
- Proper attire is required.
 1. Tennis shoes for indoor use only.
 2. Shirts that cover the entire torso area. T-shirts (not altered) are required.
 3. Shorts must be worn at waist level. At no time will underwear be visible.
- No personal boom boxes are allowed.
- Music lyrics and volume will be monitored.
- All equipment must be wiped down with available disinfectant wipes or towels after use.
- Athletic bags are not allowed in the MWC.
- All rules of common sense and appropriate behavior are expected at all times concerning horseplay, cursing, spitting, etc.
- Proper use of all equipment is mandatory at all times, including the prohibition of dropping or slamming of weights.

- Coaches/supervisors have the final say in MWC behavior and rules.

*Any deviation of expected behavior and rules will result in a suspension of MWC use.

1st Reading: December 15, 2010

2nd Reading & Adopted: January 12, 2011

Revised: August 10, 2011

The School District of Marathon City does not discriminate on the basis of age, sex, race, color religion, national origin (including limited English proficiency) ancestry, creed, pregnancy, marital status, parental status, sexual orientation, physical disability, mental disability, emotional disability, learning disability, or any other reason prohibited by law.