



Dear Roadrunner Fitness Center Member:

Welcome to Roadrunner Fitness! We would like to take this opportunity to thank you for choosing us as your place to exercise and improve your health.

It is our goal for you to achieve 100% satisfaction with our facilities and services.

Please read the information in this guide carefully. All information regarding memberships, cards or guidelines will be handled through the district office. If you have any further questions, please call the District Office at 641-765-4291.

Whatever your reasons for working out, we are confident that we can help you reach your fitness goals.

We look forward to seeing you here!

REGISTRATION FORM

Join Date _____
Renewal Date _____

Name: (print clearly): _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone #() _____ Work Phone #() _____

E-mail Address: _____

Emergency Contact _____ Phone #() _____

Annual Dues

- Individual \$ 175.00 **Family membership includes anyone who lives in the family home
- Family \$ 200.00 **Registration form required for each family member
- Staff Family \$ 50.00 **Registration form required for each family member
- Senior (Couple) \$ 100.00 **Registration form required for each family member
- Senior (Single) \$ 75.00 **Students enrolled at I-35 over the age of 12 will not be charged but must have a parent present to use facility during public hours
- College Student \$ 50.00
- Public Service \$ 50.00 **Includes: Law Enforcement, Fire and Rescue and Military
- Additional Card \$ 10.00 **Waiver form required for everyone using facility**

RENEWAL *Applicable rates apply

Type of Payment: Cash Check Check# _____ (\$25.00 charge for returned checks) No Credit Cards

Total Received: _____.

I have read the following rules and regulations regarding the Roadrunner Fitness Center. By signing, I agree to the above terms as part of my membership. I acknowledge my membership may be suspended or revoked if violations occur regarding said membership.

Member

Date

Parents or Guardian's Additional Indemnification (Must be completed for participants under the age of 18)

(No children under the age of 12 years old may participate in using the equipment at the Roadrunner Fitness Center)

In consideration of _____ (print minor's name) ("Minor") being permitted to use the equipment at the Roadrunner Fitness Center. I further agree to indemnify to hold harmless the Interstate 35 Community School District for any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian Signature: _____ Date: _____

Parent or Guardian Printed Name: _____

**PLEASE READ AND SIGN THE WAIVER FORM THAT FOLLOWS
A WAIVER FORM IS REQUIRED FOR EACH MEMBER.**

**Interstate 35 Community School District
Roadrunner Fitness Center**

WAIVER RELEASE

PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGEMENT OF RISK, MEDICAL HISTORY

In consideration of the services of the Interstate 35 Community School District, their agents, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as the I35CSD), I hereby agree to release and discharge the I35CSD, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

1. I assume that the I35CSD equipment in the fitness center entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: cardiovascular, (angina, hypertension, coronary artery disease, arrhythmia, cardiac arrest, heart attacks,) pulmonary system, musculoskeletal system (sprains, tears, breaks,) or any other health-related risk, known or unanticipated which could result in injury, death, illness, disease, emotional distress, or damage to myself, property, or third parties. Furthermore, you understand and acknowledge that we have no expertise in diagnosing, examining, or treating any medical condition.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I warrant that I am in good health and/or have consulted with a health care physician prior to using the Roadrunner Fitness Center.
4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless the I35CSD from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of the I35CSD equipment or facilities, **including any such claims which allege the negligent acts or omissions of the I35CSD.**
5. Should the I35CSD or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
6. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself, I further certify that I am willing to assume the risk of any medical or physical condition I may have.

Consult your physician before exercising at I35CSD. Follow the exercises carefully and exercise at your own pace. If you feel any strain, stop and consult your physician. By my signature below, I acknowledge that I have read the foregoing, understand it, and agree to the terms.

Print Name: _____ **Phone:** _____

Signature of Participant: _____ **Date:** _____

| |
|------------------------|
| <i>Office Use Only</i> |
| Member ID _____ |
| Join Date _____ |

ROADRUNNER FITNESS CENTER AND INTERSTATE 35 SCHOOL POLICIES

USAGE

As a member of the Roadrunner Fitness Center, you may use the club during the hours of 4:30a.m. - 6:45a.m. and 5:30 p.m. - 10:30 p.m., Monday-Friday. On Saturday and Sunday, the RFC is available from 5:00 a.m. to 11:00 p.m. Monday-Friday the facility will be utilized by students from 7:15 a.m. to 5:30 p.m., so please be respectful of these times. **The RFC will not be available to members from 7:15 a.m. to 5:30 p.m. Monday through Friday.** Summer hours will remain the same as listed above.

Please secure your membership card at all times. **There is a \$10 fee to replace lost or damaged cards.**

GUEST POLICY

If you are interested in bringing a guest to use the RFC, please call or visit to obtain a guest pass for use during staffed hours. Only members with membership access cards are allowed to use the facility.

Any member giving access to a non-member or expired member will automatically be charged \$20.00 security violation fee and/or will forfeit their membership.

KEY CARDS

All keys are property of Interstate 35 School District. Upon expiration of a membership your card will be terminated immediately. If you do not renew membership on by July 1 of each year we ask you to return your card to the district office for recycling purposes.

Your key card will access the north door of the RFC. Any attempts to enter other parts of the building will result in a breach and the system may lock down due to security.

STORAGE

Storage cubbies in the vestibule are available to store your gym bag or other personal belongings while in the RFC.

Do not leave your personal belongings in the cubbies when you leave the RFC. Students utilize the cubbies as well. The I35CSD is not responsible for any items that are left in this area.

EQUIPMENT USAGE

When using free weights, be sure to use a spotter. **Please return all free weights to racks when finished.** Gym Wipes are provided for cleaning pads after you are finished with equipment. During busy times, please allow others to work-in with you on equipment. During high usage times, please limit your time on cardio equipment to **20 minutes.**

AGE REQUIREMENTS

Persons under the age of 18 are not permitted to use the fitness center unless supervised by a member parent or certified staff member of Interstate 35 Schools. Minors (minimum age 12) must be accompanied by THEIR parent. Minors will not be issued a card.

Any minor who is of the minimum age of 12 will not be charged for use of the fitness center but must be under the supervision of a parent while using the facility.

Please make arrangements for children prior to using the RFC. Adequate space is **not** available for children to sit and watch and are not to be in the facility during workout times.

Members violating this policy will be notified by management and could lose membership privileges.

ENTERTAINMENT SYSTEMS

Personal devices are allowed but are the responsibility of the owner. The equipment that belongs to the Interstate 35 School District will remain off and locked up.

SAFETY AND SECURITY

The Roadrunner Fitness Center and the surrounding premises are under 24-hour recorded video surveillance. This video system is used for security purposes only in the event of a crime. The surveillance system does not protect you from harm in or on the building premises. You must use caution when entering or leaving the building.

Individuals with health problems should never exercise alone. For liability reasons and for your own security, do not admit ANY individual who does not possess a membership card, or those who have had their privileges suspended (even if they have a membership card).

Non-members wishing to view the fitness center need to make an appointment with the district office before entering. Please respect this policy.

Please alert the district office if you feel threatened or witness suspicious activity. You agree to not let anyone in the club for any reason other than emergency personnel. Do not allow another person to enter the club with you at the same time you enter (only one person may enter per card scan). Your check-in is your card scan.

Do not allow anyone else (including family members) to use your key card, or scan anyone in or open the door to allow someone else in. Please make sure the door is completely closed when you enter/leave the facility. Failure to comply with the RFC security policies could put yourself or others at risk for injury or harm, and could result in you losing your membership privileges.

SEVERE WEATHER

In case of tornado warning or high straight line winds, please go to any of the bathrooms. Do not attempt to leave the building until the all clear has been issued from the NWS. Do not stay in the open part of the building where you will be unprotected from possible broken glass.

INJURY & FIRST AID

In the event that you or another individual becomes injured, you have several options:
-For minor injuries, (cuts, abrasions, etc.) a first aid kit is located near the radio cabinet
-There is an AED mounted to the wall in the vestibule.
-For serious injuries that need medical treatment dial 911.

PARKING AND BUILDING ACCESS

It is recommended you park in the West parking lot and walk down the sidewalk to the RFC. Do not park along the road and only park in approved parking spots. Please use caution in the parking lots and sidewalks.

The RFC closes at 10:30 pm. All members should vacate the building by this time. Cameras and key card system monitor this activity and violations could result in loss of member privileges. Alarms will be set at 11:00 pm. Madison County Sheriff Department will monitor our premises to ensure everyone's safety.

PROPER ATTIRE AND HYGIENE

Wearing exercise clothing such as shorts, sweats, tank-tops, and athletic shoes will help to make your workout more enjoyable. Please do not wear blue jeans or other clothing that has external metal parts and rigid seaming since this can cause damage to the upholstery on the equipment.

Shirts and shoes must be worn at all times in the facility. Clean shoes will be strictly enforced. Damage to the equipment, increased maintenance and cleaning will result in an increase in membership dues.

For your safety, street shoes, open toed sandals, boots, and excessive jewelry are not permitted. Clean workout clothing is required. Please avoid heavy perfume or cologne. Your clothing should be kept to a modest style since both men and women use the facility. Please be considerate of others.

LOST OR STOLEN ITEMS

RFC nor I35CSD is not responsible for lost or stolen items. If you feel you have left something in error, please notify the facility and we will be happy to look for you.

Valuables are best left in your locked automobile or not brought to the facility at all. If you find a lost article, please place it in the Lost & Found bucket.

RESTRICTED ITEMS

No chalk is allowed at anytime

Help us promote healthy lifestyles; usage of products (alcohol, cigarettes, e-cigarettes, cigars, pipe, chewing tobacco, or snuff) in the building is not permitted.

MEMBERSHIP PAYMENTS

All memberships are paid in full for the yearly rate. This helps keep our costs lower, and facilitates your access to the RFC. All payments will be prorated based on the time of purchase. Prorated annual rates beginning October 4, 2015 are as follows:

October 4, 2015-June 30, 2016

Single - \$130

Family - \$150 (all people living in the home)

Seniors (60+) - \$55

Senior Family - \$75

College Students - \$35

Public Service and Staff family - \$35

Public Service Includes: Law Enforcement, Fire and Rescue and Military

Beginning July 1, 2016 the annual rates are expected to be as follows. Business office will review and determine rates annually.

Single - \$175

Family - \$200 (all people living in the home)

Seniors (60+) - \$75

Senior Family - \$100

College Students - \$50

Public Service and Staff family - \$50

EQUIPMENT

Our club has many different types of equipment to help you achieve your fitness goals.

Please ask if you are unsure how a piece of equipment works. Here is a general list of reminders about the equipment here at the club. Consult a health care physician before using any equipment.

Treadmills

Treadmills allow you to walk or run in place using a belt driven by an internal motor. Before beginning a workout on a treadmill:

- Make sure the treadmill belt is stationary.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Make sure to utilize the safety switch attached to your clothing
- When finished, be sure to let belt come to a complete rest before dismounting.
- NEVER attempt to mount a treadmill with the belt running.

Bikes

Before beginning a workout on a bike:

- Adjust your seat before beginning.
- Use the foot straps to prevent slipping.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.

Elliptical Cross trainers

The electronic displays for elliptical trainers work when you begin to pedal. Before beginning a workout on an elliptical trainer:

- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Keep both feet on pedals while using.
- Make sure pedals come to a complete stop before dismounting.

STRENGTH EQUIPMENT

All strength equipment is designed to perform 1 or 2 basic movements (i.e. pec deck and rear delt). Before beginning a workout with our strength equipment:

- Adjust your seat to the appropriate level.
- Adjust the weights to your appropriate level.
- Secure all loose clothing, personal stereos, and dangling jewelry.
- Abide by all posted cautions and warnings on equipment.
- Keep hands and feet away from weight stacks, moving parts, and cables while in motion.
- Use appropriate hand and foot grips.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Do not try to adjust or modify the equipment with additional weight, cables, or the like.
- Do not bang or drop the weight stacks.

FREE WEIGHTS

Free weights are designed to give you total range of motion in a movement. Free weights include the dumbbells, barbells, weight plates, and racks. Before beginning a workout with our free weights:

- Secure all loose clothing, personal stereos, and dangling jewelry.
- Adjust the weights to your appropriate level.
- Abide by all posted cautions and warning on equipment.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- ALWAYS** lift with a spotter (someone who is able to assist you with the weight). If you are lifting alone and during non-staffed hours, never try to lift weight on a bench that you cannot lift.
- NEVER drop or throw weights. Use appropriate bar racks and standards.
- Always replace weights when finished. Weights on the floor present a tripping hazard.