

RED ROCK CENTRAL FITNESS CENTER

General Information and Rules for Membership

1. **Hours of Operation:**
 - a. Monday through Friday 5:00 am – 7:00 am and 5:30pm – 10:00 pm
(Closed to the public during the school day; Open 5:00 am – 10:00 pm in the summer)
 - b. Saturday and Sunday 5:00 a.m. – 10:00 p.m.

2. **Age Requirement:**
 - a. For an adult membership at the Fitness Center; you must be 18 years of age or older.
 - b. Red Rock Central students in grades 9-12 are eligible for a free Fitness Center membership. They will purchase an access card for \$10, which must be turned in before their graduation.
 - c. Red Rock Central students in grades 7-8 are permitted to use the Fitness Center when supervised by Red Rock Central staff or a parent with membership to the Fitness Center.

3. **Entry and Exit:**
 - a. Your electronic membership card will allow you access into the facility. Please enter at the south Fitness Center door on 7th Ave.
 - b. You must not leave doors unlocked or open at any time. Keep your card with you at all times. Please be sure the door shuts and latches behind you when you leave.
 - c. If you lose your door entry card, please contact Randi at the office immediately and your card will be deactivated. There is a \$20 fee for all cards that are not returned to the Fitness Center, should you lose your card or discontinue membership.
 - d. Your entrance into the building and Fitness Center is electronically tracked by our automated computer system for your safety and protection. **Remember, all activity in the Fitness Center is recorded.**

4. **Fees: (ALL FEES MUST BE PREPAID!)**
 - a. \$20.00 per month, per person. Pay via check or cash at the high school office. Checks may also be mailed to Red Rock Central High School, PO Box 278, Lamberton, MN 56152
 - b. Guest passes can be purchased by members for adult guests (18 and over) for \$2.00 per visit. These passes must be purchased in the office during regular business hours.
 - c. Cards will be deactivated for non payment and returned checks. Deactivated cards must be returned to the office to avoid a \$20 fee.

5. **Membership Card:**
 - a. Your Membership card is also your Access Card. It will not work if you attempt to enter outside the stated “Hours of Operation” or if your membership fees have expired. You must return your card after your membership has expired. A \$20 fee will be assessed for all un-returned membership cards.
 - b. Procedure to enter: Hold your card in front of the reader. When your card is detected, a green light will briefly show and a beep will sound. Simply PULL to open the door.
 - c. Access: All members have access to the South door and to the Fitness Center room door. Please do not enter the gym area.

6. **Transferability:** Membership is not transferable to other persons.

7. **Right of Refusal:** The administration of Red Rock Central reserves the right to deny membership to applicants.

8. **Physician Awareness:** By signing this form and the Informed Consent and Release of Liability Form you acknowledge that you have discussed an exercise program with your physician and have received permission to do so.
9. **Medical Conditions:** If you have a medical condition inhibiting exercise, you will take the necessary precautions and assume any and all risks.
10. **Assumption of Risk:** Exercise is voluntarily performed at your own risk. **Please try to exercise in pairs.**
11. **Injuries:** If you should incur an injury at the Red Rock Central Fitness Center, you acknowledge that it is your responsibility to seek appropriate care.
12. **Dress Code:** Pants or shorts, socks, shoes, and t-shirts must be worn. No jeans or cut-off jeans are allowed as they may tear the equipment. Shoes must be clean, non-marking tennis shoes (no street shoes or sandals). We recommend a separate pair of tennis shoes for the fitness center.
13. **Property Damage or Loss:** The Red Rock Central Fitness Center is not responsible for any property lost, stolen, or damaged while you are using the facility.
14. **Use of Equipment:** You promise to use the equipment as it is intended and as instructed. If you misuse the equipment and damage it, you will be responsible for the cost to repair it. If you have questions about the appropriate use of a piece of equipment, please contact the school office and we will make arrangements for someone to demonstrate the equipment for you. Please clean/disinfect equipment after use.
15. **When Equipment Malfunctions:** If a piece of equipment is malfunctioning, please notify the office and do not attempt to fix it yourself.
16. **Penalties for Breaking Rules:** Membership will be canceled, and no refunds will be issued.
17. **Drinking Water:** Water is allowed in the fitness center, but no other food or beverage. There is a drinking fountain available near the bathrooms outside of the fitness center.
18. **Music:** The stereo can be used but the volume must remain at a moderate level. Having music in the fitness center is a privilege that can be revoked if the rules about volume are not followed and the school receives complaints from neighbors. Of course, using personal ear buds while working out is a great idea!
19. **Questions and Concerns:** Any questions or concerns regarding equipment or procedures, please contact Mr. Todd Lee.
20. **Building Emergencies:** For immediate attention in solving heating, plumbing, and other problems please contact Mr. Todd Lee or Custodian Tom Neperman.

Red Rock Central Fitness Center
100 6th Avenue East
PO Box 278
Lamberton, MN 56152
(507) 752-7361

RED ROCK CENTRAL FITNESS CENTER

MEMBERSHIP AGREEMENT

I acknowledge that I have read the General Information and Rules for Membership, and that if I should break any rules or procedures dispensed by the Red Rock Central Fitness Center or ISD #2884, my privileges to use the Red Rock Central Fitness Center will be revoked immediately. I also understand that no refunds will be provided.

<hr/>			
Member's Name			
<hr/>			
Address		City	State
<hr/>		<hr/>	Zip
Cell Phone		Work or Cell Phone	
<hr/>		<hr/>	
E-mail Address (for billing)		Start Date	End Date
<hr/>		<hr/>	<hr/>
Emergency Contact		Emergency Contact Phone	
<hr/>		<hr/>	

Participant Signature

Witness Signature

Date

Date

Office use only

Membership card number _____

RED ROCK CENTRAL FITNESS CENTER

INFORMED CONSENT AND RELEASE OF LIABILITY

I understand that it is my responsibility to consult with my physician regarding my fitness program participation.

I understand that there are possibilities of injury or other complications, including but not limited to: musculoskeletal injuries, cardiovascular trauma, neurological impairment, heart attack, and even death which may occur while using the Red Rock Central Fitness Center, or while participating in any health and fitness program activities at and away from the fitness center. I voluntarily assume all risks associated with my participation in the health and fitness program. I understand and acknowledge that it is my responsibility not to exceed the guidelines for me that have been established individually with my physician.

I understand that use of the fitness center and participation in health and fitness program activities is strictly voluntary and I may discontinue my participation at any time. My discontinuation may be non-refundable, however. I further understand that the Red Rock Central Fitness Center may revoke my privileges to use the fitness center at any time, at its sole discretion. I agree to be bound by and obey all the outlined rules in my use of the facility and my participation in the health and fitness program activities.

In consideration of being allowed to use the Red Rock Central Fitness Center exercise facility, and being allowed to participate in program activities, I hereby covenant not to sue and to release assigns from any and all claims resulting from ordinary negligence, demands, actions, or causes of action whatsoever, and from any and all liability for any loss of property, damage to property or personal injury of any kind, nature, or description, including death, that may arise or be sustained by me during or related to my participation in the Red Rock Central Fitness Center health and fitness program. This release shall be binding upon my heirs, administrators, executors, and assigns.

I represent that I have read and understood this Informed Consent and Release of Liability and acknowledge that this release is being relied on by the Red Rock Central Fitness Center in permitting me to use the facilities. I understand that at any time I may review this Informed Consent and Release of Liability by requesting a copy. I agree that if any portion of this form is held invalid, the remainder of this form will continue in full legal force and effect.

Participant Signature

Witness Signature

Participant Name (please print)

Witness Name (please print)

Date

Date

9/14/22