

## **SCC Middle School Complex Usage**

The complex at the middle school is a multi-purpose facility. The complex provides users access to a weight room, area to wrestle and to play basketball. Individuals that are younger than 18 and still in school need to be supervised by an adult while using the facility (there will be no exceptions to this rule). To ensure that students and patrons remain safe while using the facility some basic rules will be implemented and enforced. The facility is also equipped with two cameras to monitor activity and ensure safety and proper use of the complex and equipment. These rules will also ensure the complex is cared for and picked up so patrons will be able to enjoy the use of the facility for years to come. The steps for getting access to the building and the rules are listed below.

### **Gaining Access to the Complex**

Patrons from the community, who are 18 years old or older and who are out of high school may use the facility but first must comply with a background check. The cost of the background check is \$10.00. The \$10.00 must be paid before a background check may be run. The background check takes about a week to complete. When the background check is completed and the patron is approved, the user must pay an additional \$30.00 to secure a key fob to access the building for one year. The total cost will be \$40.00 per year. This includes the background check cost and the yearly fee associated with using the facility. A key fob is a small electronic security device that allows whoever possesses it to enter the complex. Your key fob will be associated with who it is given and the administration will be able to monitor your usage of the facility. If a key fob is lost, the patron must pay a \$20.00 replacement cost. Every year patrons will need to go through this process to reapply for a key fob. There will be no money refunded to patrons that enter this agreement. Money from the usage fees will be used to maintain equipment, help defray the costs of repairs and may also assist in the purchasing of new equipment when needed.

### **General Policies and Rules**

The key fob is to be used only by the issued patron. It is against policy to loan your key fob to another patron. This could result in your key fob being deactivated so that you would not have access to the complex. Key fobs will only be active from 5:00 a.m. to 11:00 p.m. seven days a week. No one is allowed to use the facility during the school day or when there is a school sanctioned activity or practice taking place in the complex.

Minors may only accompany family members who have a key fob to the complex. Family members who are 18 and who are out of school will be responsible for minor related children. Examples of this would be a father lifting weights with his 8<sup>th</sup> grade son or a brother who is 18 and out of high school accompanying his high school aged brother to the complex to workout. A 5<sup>th</sup> grade dad cannot drill or workout with other 5<sup>th</sup> grade boys in the wrestling room. Every

minor child needs a related responsible adult. Coaches employed by the school will have access to the facility and may work with groups of student/athletes. An adult who has a key fob may not let another nonrelated adult (18years old and out of high school) into the building. Every adult using the facility must have their own key fob. Married couples are not allowed to share one fob, every user must have their own fob. All adults must go through the process of attaining their own key fob every year.

### **Rules and Things to Remember**

1. All patrons using complex must have background check completed at their expense of \$10.00.
2. All patrons wishing to receive a key fob for the complex must pay a \$30.00 nonrefundable fee every year.
3. Only the owner of a key fob may enter the complex. There is to be **no loaning out of key fobs**. Doing so will terminate your access.
4. Key fob users must be 18 years old and out of high school.
5. **Replacement cost of key fob is \$20.00.**
6. Only coaches are authorized to be with groups of nonrelated students.
7. Patrons need to pick up after themselves and put weights and other equipment back where it belongs.
8. When you have a question or concern about the facility or its use share it with administration.
9. Approved patrons will have one year of access to the building. Continued use after a year will require the patron to go through the process of reapplying for future use.
10. Those not following rules and expectations of the complex will have their privileges terminated.
11. The administration and school board reserve final rights and decisions of the building. Policies or procedures may change at any time if warranted.
12. Take pride in the building and all our facilities! Go Titans Go!

# Weight Room/Complex Rules

## **General Weight Room Rules**

- No food, soda, glass bottles, or gum in the weight room.
- Only authorized personnel should be in the weight room outside of school hours.
- Unsupervised students are not allowed in the weight room at any time.
- All students must demonstrate knowledge of proper lifting techniques and safety procedures to receive clearance to use the equipment.
- Students should never lift without a supervisor present.
- No Horseplay at any Time.
- Report any injuries, accidents, and equipment failures to the supervisor immediately.
- Please return all free weights to their correct weight rack and/or weight tree following use.
- No profanity, vulgar language, blaring music or profane/vulgar music.

## **Lifting Rules/Regulations**

- Spotters are strongly recommended for free weight use.
- Spotters should be used at all free lifting stations.
- When using free weights, be sure to secure safety collars to end of the bar to hold weights in place.
- When using weight machines, be certain that the weight pins are secured before you begin repetitions.
- Do not bang weights; lower the weight stack slowly down to its original position upon completion of repetition.
- Do not sit on the various lifting apparatus during your rest interval.

## **Weight Room Attire**

- Proper athletic attire (including shirt and shoes) is required at all times in the weight room. No open toed shoes or sandals are allowed