

OAK GROVE LUTHERAN SCHOOL
ELLIG CENTER FOR HEALTH AND WELLNESS
GUIDELINES AND PROCEDURES

The Ellig Center for Health and Wellness, herein referred to as the Ellig Center, is an excellent facility provided for the health and wellness of Oak Grove students and staff. All users of the Ellig Center are required to follow all guidelines and procedures as set forth below:

ELLIG CENTER GUIDELINES:

All users of the Ellig Center are required to complete a Waiver and Release Form, which will remain on file with the Ellig Center supervisor. Adults and minors who are at least Grade 9 may use the Ellig Center without adult supervision with said form on file. Users who are at least Grade 6 and below may use the Ellig Center during hours supervised by staff or when other students are present with their parent/guardian permission.

The Ellig Center is open during regular school hours, when the Ellig Center is not on duty, students in Grades 9-12 must notify the administration/AD/PE teacher before using the Ellig Center during free-periods/study halls. Middle school students are not allowed to use the Ellig Center alone.

Please notify the administration/AD/PE teacher of any injuries sustained while using the Ellig Center, as well as any equipment malfunction. The Ellig Center administration/AD/ PE teacher must complete an injury report form to be filed with the Business Office.

Improper/unsafe use of equipment is not allowed. Continued intentional improper use will result in the removal of the user from the Ellig Center. Large stationary equipment is to be used in its intended location, and is not to be moved for any reason without permission from the staff. All equipment is to be cleaned/wiped-down after user has finished, including bars, dumbbells, mats, treadmills, etc. Cleaning/wiping-down equipment will reduce the spread of germs throughout the Ellig Center. All trash is to be placed in the garbage receptacles. Personal belongings are to be placed in the locker room, or outside the Ellig Center in the Ellig/Gorder lobby.

Users are encouraged to inquire regarding proper form and mechanics from coaches and staff. Users must use a spotter for any free weight lifts that could result in injury if done alone.

Lifting attire must be appropriate in accordance with the Oak Grove Activities Handbook. The administration/AD/ PE teacher have the 'final say' in the appropriateness of all attire. Absolutely no sandals, open-toed shoes, or bare feet are allowed in the Ellig Center.

All water bottles and drink containers must be kept at the front counter and not at or near the equipment. No glass containers are allowed in the Ellig Center.

Music, whether provided by the Ellig Center radio or an individual's device, must be appropriate at all times. Any music with vulgar language, sexual undertones, or reference to drug/alcohol usage, is prohibited. The administration/AD PE teacher have the 'final say' on all music. Music should be at a volume which allows casual conversation throughout the Ellig Center. Ellig Center televisions must show appropriate viewing material, and at an acceptable volume.

OAK GROVE LUTHERAN SCHOOL WAIVER AND RELEASE FORM

I have read and understand the Ellig Center for Health and Wellness Policy and General Fitness Room Guidelines. I acknowledge a full understanding of the inherent dangers and risks and I **waive** all claims against and **release** Oak Grove Lutheran School and Sanford Health and any and all of its employees from liability for any loss or injury sustained by me as a result of my use of these facilities and equipment.

I acknowledge it is recommended that I seek approval from my physician before implementing an exercise regimen as there may be significant health risks associated with exercising and I understand that injury or death may result if equipment is not used properly. I have been provided the opportunity and am encouraged to seek instructions for the proper usage of all the equipment in the facility. I agree not to use any equipment unless I am familiar with its proper use. I agree to inspect all equipment I intend to use before each use and to notify the Administration/AD of equipment in need of repair.

I agree to follow all guidelines set forth in the guidelines and procedures document above and I acknowledge that any violation of the guidelines may result in this privilege being withdrawn.

REQUIRED SIGNATURES:

Name of Participant/student: _____ Grade: _____

Signature of Participant/student: _____ Date: _____

Name of Participants/Students Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____

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