

PRINT YOUR NAME HERE. _____

WALTER REED MIDDLE SCHOOL UCLA HEALTH SOUND BODY SOUND MIND FITNESS CENTER RULES AND EXPECTATIONS

BE SAFE

BE RESPECTFUL

BE RESPONSIBLE

1. Wear appropriate workout clothing. Students must be in complete P.E. uniform. **EACH PERSON MUST HAVE A TOWEL.**
2. Always enter and exit from double doors in 153B. Door in room 153A is for emergencies ONLY.
3. Do not bring open food or drink into the Fitness Center. NO GUM! NO WATER INSIDE- EVERYONE MUST STEP OUT OF THE ROOM.
4. Backpacks and other personal items must be left in assigned storage area.
5. Use equipment ONLY when given permission.
6. Be Safe when using all equipment. Respect all equipment. Report any abuse to the teacher.
7. Maintain a safe distance from machines when they are in use. If there is not enough equipment in CARDIO RM., go to 153B. Do Not Stand Around. Everyone must be on equipment .
8. Clean equipment after use. Spray bottles with cleaning solution are available. Wipe off the equipment using your towel.
9. USE the double doors in room 153B to exit when dismissed.
10. Though talking is allowed, low inside voices is appreciated.
11. NO HORSE PLAY (Keep YOUR HANDS to Yourself)- RUNNING in the Fitness Center

I have read and understand the rules and expectations when in the Sound Body Sound Mind Fitness Center. I UNDERSTAND THAT IF I DO NOT COMPLY WITH THE RULES AND PROCEDURES I WILL LOSE MY PRIVILEGES TO USE THE CENTER. I HAVE ALSO INFORMED MY PARENTS/GAURDIANS OF THIS CONTRACT.

Student Signature _____ DATE _____

Parent Signature _____ DATE _____