



# Strength and Conditioning Center Policy

## GENERAL POLICY

By using the ESD Strength and Conditioning Center all users agree to abide by schoolwide policies as well as policies and procedures pertaining to Strength and Conditioning Center use. Only ESD students, employees, families, and alumni are allowed access to the Strength and Conditioning Center. Everyone is required to sign the logbook when using the facility. Any person not signing in when using the facility will jeopardize their use of the center as defined and detailed below.

- All users must always wear proper athletic attire, including but not limited to: appropriate footwear, shorts or pants, and shirts with sleeves and coverage of midriff.
- Children below the fifth grade are not permitted to use the facility.
- The second floor of the Strength and Conditioning Center is designated for general use by parties named above during designated/posted hours only. The first floor of the Strength and Conditioning Center is designated primarily for athletic team workouts.
- Prior to using the Strength and Conditioning Center or its equipment, all users must consult the Strength and Conditioning Director or other persons approved by the Athletic Department for an orientation of the room and proper use of the equipment.
- Training ESD student-athletes should be left to our Strength and Conditioning Staff. Outside trainers are not allowed to train ESD students in the facility.

## EMPLOYEES

All ESD employees have access to the Strength and Conditioning Center during posted open hours and are subject to policies and procedures detailed here.

It is highly recommended that employees exercise with at least one other person present in the room to decrease potential risk of injury or in case of an emergency.

Employees are allowed to bring immediate family members as guests. Family members will be required to sign a release and waiver of claims before using the facility and must meet the minimum age requirement.

Employees may use the facility anytime between 6:00 a.m.-6:00 p.m., Monday-Friday. Please be aware that on weekdays from 4:00-6:00 p.m. is maximum usage time by our students.

## STUDENTS

ESD students may only use the Strength and Conditioning Center during times when supervision is provided as approved by the Strength and Conditioning Director, Athletic Director, or Associate Athletic Director. Times during the academic day will be set weekly. After school hours are: 4:00-4:30p.m. and 5:30-6:00p.m. primarily for team workouts and 4:30-5:30 p.m. for out of season workouts.

## FAMILIES

Immediate family members of current students can use the Strength and Conditioning Center but only during designated hours. Currently, the designated time is from 6:00-9:30 a.m. Physical Education classes have priority and they start as early as 8:15 a.m. Students of family that are fifth grade and younger are not allowed to use the facility.

Family members of employees must be accompanied by the employee while using the weight room. Family members are not allowed to bring guests to use the Strength and Conditioning Center.

Family members will be required to sign a release and waiver of claims before using the facility.

Family members will not have access to the locker rooms.

## ALUMNI

Alumni may use the Strength and Conditioning Center from 6:00-9:30 a.m. but must make contact with the Strength and Conditioning Director, Associate Athletic, or Athletic Director. Alumni will be required to sign a release and waiver of claims before using the facility.