

Stevenson High School Fitness Center Policy for Student Athletes during Co-op Fitness Center Evening Hours and after the 7th hour class concludes during the school day.

REVISED: September 13th, 2012

- Student athletes from Stevenson are permitted to use the SHS Fitness Center for REHABILITATION AND SPECIALIZED CONDITIONING. Examples: Cardio and weight training after 7th hour concludes and during the evening Co-op Fitness Center hours.
- **Student athletes will be sent to the fitness center with the head coach, assistant coach or staff member (this would NOT include a volunteer coach). The supervisor must be a contracted employee of the District. This adult supervisor MUST be present when the athletes are in the fitness room and the coach/adult supervisor will sign in and out. Prior to using the fitness room, the adult supervisor MUST request approval of the usage of the fitness room with the Athletic Director.**
- The head coach will review the behavior expectations, proper use and care for the equipment: wipe down machines, leave area clean, use machines properly and be respectful at all times.
- Any behavioral issues or damage to machines will be brought to the attention of the Athletic Director by the head coach immediately.
- **The head coach will use the following form to communicate with SHS Co-op Fitness Center personnel during Fitness Center hours as well as after school. This request form will be posted in the Fitness Center. The Adult Supervisor will also be required to sign in upon arrival and upon departure.**

Bottom Half to Be Used to Communicate with Fitness Center Personnel during Fitness Center Hours

I, Coach _____, of the sport of _____, am giving permission to the following student athletes to use the fitness center on the following dates and times:

I have reviewed the behavior expectations and proper use and care for the equipment with these athletes. The names include:

- 1.
- 2.
- 3.
- 4.
- 5.

Use the additional space to add more names.

Varsity Head Coach Signature

Date