

Chisago Lakes Community Fitness Center Guidelines

Please initial each section in the blank provided to state that you have read the information and agree to follow these guidelines.

- 1. MEMBERSHIP FEES** The Fitness Center membership fee is \$20 per person per month. (Individuals who are members of *Blue Cross Blue Shield BluePrint For Health* may qualify for the \$20 a month reimbursement if they reach the minimum requirement of 12 visits each month.) The member's visits will be recorded each time they swipe their issued key card to use the center. _____
- 2. REGISTRATION INFORMATION** New members must register at the Chisago Lakes Community Education office. When registering, all required forms must be initialed prior to receiving the fitness center key card.
BLUE-CROSS REIMBURSEMENT Please fill out the necessary paperwork for the BCBS reimbursement and bring your insurance card. A minimum of 12 workouts per month can include use of the track, pool, open gyms, Community Ed fitness classes and sports leagues. Please swipe your key card to record these workouts. **If you do not meet the monthly minimum requirement, you are required to pay \$20 to continue access to the Fitness Center for the following month.** _____
- 3. OFF-SITE WORKOUTS** BCBS Members can record workouts that occur off -campus of the Chisago Lakes High School in the "Off-Site Workout" log at the Fitness Center. These workouts can be applied to the minimum requirement. For example, walking, biking, playing a sport, or manual labor. The exercise should occur for at least 25 minutes. _____
- 4. HIGH SCHOOL STUDENT USE** High school students who are Fitness Center members are allowed to use the Fitness Center **only** with the supervision of a parent or legal guardian who is also member of the Fitness Center. Parents are not allowed to let their child use the card without them accompanying him or her to the center. _____
- 5. WAIVER FORMS** Members must sign the waiver form before they can work out in the center. Members must also sign the Medical Condition Advisement statement below. _____
- 6. GUESTS** Members may not bring guests to the center or other family members that are not registered. Members may not let people into the center that do not have a key card/membership. _____
- 7. SCHOOL EMPLOYEES THAT ARE NOT REGISTERED** School employees that are not registered as members are not allowed to use the center unless they register and pay the monthly fee or sign up for the Blue Cross-Blue Shield reimbursement. _____
- 8. HOURS OF USE** During the school year, members may use the center from 6:00 a.m. to 7:00 a.m. and 3:00 to 9:30 p.m. on school days. Members must leave the building by 7:15 a.m. and 9:45 p.m. In the summer, members can use the center from 7:00 a.m. to 3:00 p.m. Monday-Friday. Monthly calendars with available hours and closed dates will be available on site for members. _____

- 9. MACHINE HYGIENE** Please bring a towel with you and wipe down the machine following your use of each machine. _____
- 10. CARD REPLACEMENT**--There will be a \$10 fee for lost or damaged key cards. _____
- 11. PROPER ATTIRE AND HYGIENE**---Wearing exercise clothing such as shorts, sweats, tank tops, and athletic shoes will help to make your workout more enjoyable. Shirts and tennis shoes must be worn at all times in the facility and jeans are not permitted due to wear and tear on the exercise padding. For your safety, street shoes, open toed sandals, boots, and excessive jewelry are not permitted. Clean workout clothing is required and modest clothing is preferred. _____
- 12. EQUIPMENT ORIENTATION** New members can sign up for an equipment orientation by appointment, call 651-213-2606. _____
- 13. LOST OR STOLEN ITEMS** Chisago Lakes Community Education is not responsible for lost or stolen items. If you have left something in the fitness center by mistake, please call the Community Ed office and we will make every effort to recover the item. _____
- 14. PHONE AVAILABILITY** A phone is available for use in the fitness center for emergency use and for local calls if necessary. To dial out, press 9 and then the number. In case of emergencies, dial only 911, not 9 and then 911. _____
- 15. EXERCISING AT OWN RISK** Members are advised that they are exercising at their own risk. There will **not** be supervision in the center. _____
- 16. REPORTING OF BROKEN EQUIPMENT** If you see that a machine is broken, please call 651-213-2603 and leave a message stating which machine needs repair. _____
- 17. CARDIO EQUIPMENT COURTESY** There is a twenty minute limit on the cardio equipment, when people are waiting, _____
- 18. LOCKER ROOM AVAILABILITY** The auxiliary locker rooms located across from the Fitness Center may not always be available. Plan accordingly. _____
- 19. CANCELTION INFORMATION** If you wish to cancel your membership, contact the Chisago Lakes Community Education office and return your key card to their office. Unreturned key cards will be subject to a \$10 charge. _____
- 20. ENTRANCE INTO FITNESS CENTER** The keycard entrance to the Fitness Center is around the corner and down the hall from the main Fitness Center entrance. Walk past the fitness center and take a right and the entrance will be on your right. _____
- 21. MEDICAL ADVISEMENT** If you have not recently done so, consult with your physician by telephone or in person BEFORE increasing your physical activity. All persons using the fitness center are advised to consult their physician before involving themselves in a regular physical exercise regiment. Members of the Chisago Lakes Community Fitness Center are advised to not work out alone. _____

By signing below, I agree to abide by the above-mentioned guidelines.

Member Name _____

Member Signature _____ Date _____