



# HILLTOPPER WELLNESS CENTER HANDBOOK

We strive to uphold a safe, fun, and family-oriented environment. As such, we expect proper, respectful conduct on the premises at all times. We do not permit disrespectful conduct toward our members, guests, employees, vendors, or property. This includes, but is not limited to, vulgar, profane, indecent, offensive, violent, hostile, aggressive, threatening, harassing, stalking, fraudulent, or other inappropriate conduct or communications. If you have any questions please call 715.265.4757 or email Christa Edin at GCSD ([christa.edin@gcsd.k12.wi.us](mailto:christa.edin@gcsd.k12.wi.us)).

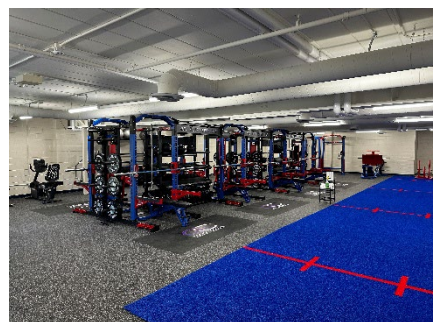
## Hours of Operation:

- 5:00am – 10:00pm - Monday – Friday
- Priority Given to GCSD Students and Athletic Teams ([Schedule on R-School](#))
- 5:00am – 10:00pm – Saturday and Sunday
- This space may be closed at the discretion of the District at anytime
- Daily Cleaning will take place from 12:45pm to 1:30pm

## Membership and Fee Schedule:

- The membership registration form and payment must be completed before access

YEARLY	Fee
Adult (Resident)	\$50
Adult (Non-Resident)	\$100
Family (3+Members, Resident)	\$100
Family (3+Members, Non-Resident)	\$200
College Student/ Senior Citizen*	\$25
FOB at Time of Registration	\$10
Additional FOB	\$10
MONTHLY	Fee
Adult (Resident)	\$5
Adult (Non-Resident)	\$10
Family (3+Members, Resident)	\$10
Family (3+Members, Non-Resident)	\$20
College Student/ Senior Citizen*	\$5
FOB at Time of Registration	\$10
Additional FOB	\$10



## Hilltopper Wellness Center Membership Options:

- College Student must show current student ID
- Senior Citizen 55+
- GCSD – Staff and Immediate Family (Free)

## Additional Amenities:

- Lockers, Changing Room, Shower, and Bathroom are available. Towels are not provided

### **Additional Fees:**

- \$10.00 additional FOB
- \$10.00 replacement FOB

### **ID FOB and Check-In:**

Members must have a Hilltopper Wellness Center issued FOB to access this area. The School District takes the safety and security of all who use our facilities seriously. Thank you in advance for helping us keep our facility safe.

Members are not allowed to access the rest of the GCSD building.

### **General Rules for Hilltopper Wellness Center:**

- No one under the age of eighteen or a current student enrolled in high school is allowed in the Hilltopper Wellness Center without a parent or guardian
- Always wear proper safety gear for any lifts that put your body at risk. (Examples: squats, leg press, military press, etc.)
- All weight plates are to be unloaded off long bars before leaving the fitness room at the end of your workout session
- Always wipe off cardio machines and benches after workout sessions
- No running or horseplay in the Hilltopper Wellness Center
- All equipment is to be used in an appropriate manner
- Know your limits with use of weight equipment
- Use proper lifting and breathing technique for all lifts
- The last person in the fitness room be sure that all doors are securely locked

### **Common Courtesies:**

- Taking photos is strictly prohibited
- Food and drinks (other than water) are not allowed
- Use of music is prohibited unless using ear buds or under GCSD staff supervision
- Be courteous to others waiting to use equipment - if you see people waiting, allow others to participate
- Observe safety guidelines and precautions when using fitness equipment - like using spotters and collars, when appropriate
- Clean equipment with provided wipes/paper towels and cleaner after use
- Return all equipment to its proper place after use
- Proper use of aerobic, strength, and weight machines will be enforced

### **Membership Suspension or Termination:**

The Hilltopper Wellness Center, and School District of Glenwood City, reserve the right to suspend or terminate your membership, or any family member associated with your membership at any time for a failure to comply with School District policies and procedures. This includes all rules, regulations, and procedures (which may be amended as necessary) that apply to the operation of the Hilltopper Wellness Center. A membership that is terminated will stop payment at the end of the month and no refund will be given. If a membership is suspended, payment to the account will continue. Students who are suspended or expelled from school are unable to use the center.

### **Proper Attire:**

You must wear proper attire at all times, including shirt, pants, and shoes. Wear clean, closed toe, non-marking shoes - no street shoes. Spikes and cleats are not allowed at anytime. The center will follow School District policy in the student handbook for proper attire.

### **Damage to Property:**

You may not damage the center in any way, including but not limited to any damage, or theft of, exercise equipment, supplies, or other center property. If there is damage to the facility or equipment, the individual or family is responsible for covering repair or replacement costs.

### **Weapons, Alcohol, Drugs, Smoking Prohibited:**

- No one may bring or use weapons of any kind on the premises for any reason. Weapons that are under the control of law enforcement personnel are permitted.
- No one may consume alcohol on the premises. You may not use center equipment, services, or programs while under the influence of alcohol.
- No one may use, possess, or sell any illegal drug on the premises, including but not limited to anabolic steroid or other illegal growth-enhancing substance. You may not use center equipment, services, or programs if your prescription medication adversely impacts or influences your ability to safely use it.
- No one may smoke, chew, or use any other tobacco or electronic cigarette products on School District property, including any outdoor areas (e.g., sidewalks, entrances, or parking lot).

### **Injuries or Illness:**

If you are injured while on the premises, please seek immediate assistance from a GCSD employee if available. An employee can provide basic first aid and arrange for medical assistance if needed. You may not use the facilities if you have a contagious illness that may be transferred through ordinary use of fitness center equipment, services, or programs. You must cover exposed lesions and rashes. Emergency Services Disclaimer, in the event of any emergency, the Glenwood City School District reserves the right to secure from any licensed hospital, physician, and /or medical personnel and treatment deemed reasonable and necessary, and the participant will be responsible for payment of any and all medical services rendered. As a reminder, you are using this facility at your own risk.

### **Animals:**

You may not bring any animal on the premises unless it is a School District approved service animal performing its duties in the care of a person who requires its assistance or is an on-duty law enforcement animal. All exempt animals must meet appropriate requirements and must be removed immediately if it causes a disturbance, interrupts the work of others, or poses a health or safety risk to those who are exposed to it. The animal's owner must promptly remove animal waste and is liable for any damage caused by the animal.

### **Lost or Stolen Property:**

The Hilltopper Wellness Center provides coat hooks and public lockers for the storage of personal items. The center is not responsible for lost or stolen property.

### **Cell Phone Use and Photography:**

Cellular phones and other mobile devices may not be used in photographic or video mode in the Hilltopper Wellness Center, any locker room, changing room, or restroom. Violation of this policy may result in consequences up to termination of membership. Professional and non-professional photography and recording of video on the premises is not allowed without the advance approval of District Administration.

### **Inherent Risk Statement:**

There is an inherent risk of accident and injury in any activity. The School District of Glenwood City assumes no responsibility for injuries received during activities. Any changes in participant's current physical activity level should be done under the approval and direction of their physician and or health care provider.

