



**Dwight School Seoul: Independent Fitness Center Contract**

**Expectations of the Physical and Health Education Department:**

Everybody is encouraged to use the Fitness Center to improve their own personal fitness level at any time, excluded times selected by the department for lessons. The following safety procedures are important while in and utilizing the Fitness Center. The purpose of this contract is to remind you that you must assume responsibility for your own safety and for the safety of others.

1. The Fitness Center can be used during school hours unless when there is a fitness class or health lesson taking.
2. The Fitness Center is open Monday to Friday from 8:00 a.m. – 6:00 p.m. depending on scheduled after school activities.
3. Everybody is to have completed the Dwight Fitness Training Program before qualifying to use any of the equipment.
4. Proper footwear (indoor PE shoes) is required at all times.
5. No food or drinks (other than water) is allowed in the Fitness Center.
6. When using the treadmill the safety clip must be worn.
7. No person is allowed to stand near the treadmill or touch any of the buttons while another person is using it.
8. The equipment needs to be cleaned (wiped off) after use.
9. The equipment must be used appropriately at all times.

**Parental Contract**

I have read and support the expectations, procedures and the Fitness Center Safety Contract.

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Child in Grade: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_



DWIGHT SCHOOL SEOUL

*Igniting the spark of genius in every child*

PERSONALIZED LEARNING • COMMUNITY • GLOBAL VISION

Due to Physical and Health Education classes the Fitness Center is not available on:

- Monday 10.20-11.10am
- Tuesday 8.10-12.50pm
- Wednesday 9.05-10.00am
- Thursday 10.20-12.50am
- Friday 8.10-9.10am, 10.20-11.10am, 1.40-2.30pm

On bad air quality days and on rainy days the PE department has the right to adjust outside lessons to indoor Fitness lessons and use the facility as needed, without prior warning. Please be flexible with your workout program on these dates.