



North Mahaska Community School District  
Katherine Lowry Fitness Center  
2023

2163 135<sup>th</sup> St, New Sharon, IA 50207

Phone: 641-637-4187

Registration and Informed Consent & Release Website: www.nmwarhawks.org

**\*All registration forms must be submitted yearly\***

Member Information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contacts:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ OR \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ OR \_\_\_\_\_

Access Card:

Your smartphone will serve as your access card. Your individual access card device ID can be found by downloading the ISONAS Pure Mobile app on your smartphone. Tap the three dots in the upper right-hand corner of the app and then “view device ID.” If you do not have access to a smartphone, you will be required to pay a \$5.00 refundable deposit fee for a key fob. Access cards will be reprogrammed each January when your membership is renewed. The Katherine Lowry Fitness Center has a video surveillance system with facial recognition, and your access card will alert the security system of your name and time of arrival. Do not let anyone else use your access card. We reserve the right to deny membership.

Please list your device ID: \_\_\_\_\_

Select Membership Fee:

Your membership fee is due now. Membership fees collected help defray the cost of upgrading the equipment and assist in paying for the maintenance of the room. All memberships are 1 year, January-December. Membership costs will be prorated if you join mid-year.

**Your membership does not grant access to the gymnasium or wrestling room.**

\_\_\_ \$120.00: Individual

\_\_\_ \$200.00: Family, Registration form required for each family member

\_\_\_ \$60.00: College Student

\_\_\_ No Charge: Immediate Staff Family, Registration form required for each family member

Month of membership start: \_\_\_\_\_

*I have read the following rules and regulations regarding the Katherine Lowry Fitness Center. By signing, I agree to the above terms as part of my membership. I acknowledge my membership may be suspended or revoked if violations occur regarding said membership.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PARENT’S OR GUARDIAN’S ADDITIONAL INDEMNIFICATION  
(Must be completed for participants under the age of 18)**

**(No children under 14 years old may participate in using the equipment at the Katherine Lowry Fitness Center unless accompanied by a certified coach of North Mahaska Community Schools)**

In consideration of \_\_\_\_\_ (print minor’s name) (“Minor”) being permitted to use the equipment at the Katherine Lowry Fitness Center. I further agree to indemnify and hold harmless the North Mahaska School District from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



North Mahaska Community School District  
Katherine Lowry Fitness Center  
2023

2163 135<sup>th</sup> St, New Sharon, IA 50207  
Phone: 641-637-4187

Registration and Informed Consent & Release Website: www.nmwarhawks.org

**PLEASE READ AND SIGN THE WAIVER FORM THE FOLLOWS**

**A WAIVER FORM IS REQUIRED FOR EACH MEMBER**

**North Mahaska Community School District  
Katherine Lowry Fitness Center**

**WAIVER RELEASE**

**PARTICIPANT AGREEMENT, RELEASE, AND ACKNOWLEDGEMENT OF RISK AND MEDICAL HISTORY**

In consideration of the services of the North Mahaska Community School District, their agents, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as the NMCS D), I hereby agree to release and discharge the NMCS D, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

1. I assume that the NMCS D equipment in the Fitness Center entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: cardiovascular, (angina, hypertension, coronary artery disease, arrhythmia, cardiac arrest, heart attacks,) pulmonary system, musculoskeletal system (sprains, tears, breaks,) or any other health-related risk, known or unanticipated which could result in injury, death, illness, disease, emotional distress, or damage to myself, property, or third parties. Furthermore, you understand and acknowledge that we have no expertise in diagnosing, examining, or treating any medical condition.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I warrant that I am in good health, and that I assume the risk and hold harmless NMCS D from any risk relating to any preexisting conditions I have.

4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless the NMCS D from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of the NMCS D equipment or facilities, including any such claims which allege the negligent acts or omissions of the NMCS D.

5. Should the NMCS D or anyone acting on their behalf, be required to incur attorney’s fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

6. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself, I further certify that I am willing to assume the risk of any medical or physical condition I may have.

**Consult your physician before exercising at NMCS D. Follow the exercises carefully and exercise at your own pace. If you feel any strain, stop and consult your physician. By my signature below, I acknowledge that I have read the foregoing, understand it, and agree to the terms.**

**Print Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_



North Mahaska Community School District  
Katherine Lowry Fitness Center  
2023

2163 135<sup>th</sup> St, New Sharon, IA 50207

Phone: 641-637-4187

Registration and Informed Consent & Release Website: [www.nmwarhawks.org](http://www.nmwarhawks.org)

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

## **KATHERINE LOWRY FITNESS CENTER AND NORTH MAHASKA HIGH SCHOOL POLICIES**

### USAGE

As a member of the Katherine Lowry Fitness Center, you may use the center during the hours of 5:00 a.m. to 6:00 a.m. and 6:00 p.m. to 10:00 p.m., Monday-Friday. On Saturday and Sunday, the fitness center is available from 5:00 a.m. to 10:00 p.m. The facility will be utilized by students from 6:00 a.m. to 6:00 p.m., so please be respectful of these times. The fitness center will not be available to members from 6:00 a.m. to 6:00 p.m. Monday through Friday. Summer hours will be 5:00 a.m. to 6:00 a.m. and 12:00 p.m. to 11:00 p.m., 7 days a week.

If you have a physical key fob, please secure your key at all times. There is a \$5 fee to replace lost or damaged fob.

### GUEST POLICY

Only members with membership access keys are allowed to use the facility. Any member giving access to a non-member or expired member will automatically be charged a \$20.00 security violation fee and/or will forfeit their membership.

### EQUIPMENT USAGE

When using free weights, be sure to use a spotter. Please return all free weights to racks when finished. Gym wipes are provided for cleaning pads after you are finished with equipment. During busy times, please allow others to work-in with you on equipment. During high usage times, please limit your time on cardio equipment to 20 minutes. The stereo system and television may be used, but must be powered off before you leave.

### AGE REQUIREMENTS

Persons under the age of 18 are not permitted to use the fitness center unless supervised by a member or certified staff member of North Mahaska High School. Minors must be accompanied by their parent or another adult who has an active membership. Minors will not be issued a card.

Children under the age of 14 are not permitted to use the facility unless being utilized by a certified coach of NMCS D.

Please make arrangements for children prior to using the fitness center. Adequate space is not available for children to sit and watch.

Members violating this policy will be notified by management and could lose membership privileges.

### SAFETY AND SECURITY



North Mahaska Community School District  
Katherine Lowry Fitness Center  
2023

2163 135<sup>th</sup> St, New Sharon, IA 50207

Phone: 641-637-4187

Registration and Informed Consent & Release Website: [www.nmwarhawks.org](http://www.nmwarhawks.org)

The Katherine Lowry Fitness Center and the surrounding premises are under 24-hour recorded video surveillance. This video system is used for security purposes only in the event of a crime. The surveillance system does not protect you from harm in or on the building premises. You must use caution when entering or leaving the building.

Individuals with health problems should never exercise alone. For liability reasons and for your own security, do not admit ANY individual who does not possess a membership key, or those who have had their privileges suspended.

Non-members wishing to view the center need to make an appointment with a staff member before entering. Please respect this policy.

You agree to not let anyone in the center for any reason other than emergency personnel. Do not allow another person to enter the center with you at the same time you enter (only one person may enter per card scan). Your check-in is your card scan. Your name will be recorded in the system when you scan your key.

Do not allow anyone else (including family members) to use your key card, or scan anyone in, or open the door to allow someone else in. Please make sure the door is completely closed when you enter/leave the facility. Failure to comply with the fitness center security policies could put yourself or others at risk for injury or harm, and could result in you losing your membership privileges.

#### SEVERE WEATHER

In case of tornado warning or high straight-line winds, please go into the bathroom. Do not attempt to leave the building until the all clear has been issued from the NWS. Do not stay in the open part of the building where you will be unprotected from possible broken glass.

#### INJURY & FIRST AID

In the event that you or another individual becomes injured, you have several options:

- For minor injuries, (cuts, abrasions, etc.) a first aid kit is located on the shelf above the drinking fountain.
- For serious injuries that need medical treatment dial 911 from your cell phone.
- Report all injuries (no matter how minor) to the school by calling and leaving a message @ 641-637-4187

#### PARKING AND BUILDING ACCESS

It is recommended you park in the North parking lot. Your key will only access the door directly into the Katherine Lowry Fitness Center. Please use caution in the parking lots and common sidewalks.

Any attempts to enter other parts of the building will result in a breach and a silent alarm will be tripped.

The fitness center closes at 11:00 pm. All members should vacate the building by this time. Cameras and key card system monitor this activity and violations could result in loss of member privileges. The New Sharon Police Department will routinely monitor our premises to ensure everyone's safety.



North Mahaska Community School District  
Katherine Lowry Fitness Center  
2023

2163 135<sup>th</sup> St, New Sharon, IA 50207

Phone: 641-637-4187

Registration and Informed Consent & Release Website: [www.nmwarhawks.org](http://www.nmwarhawks.org)

### PROPER ATTIRE AND HYGIENE

Wearing exercise clothing such as shorts, sweats, tank-tops, and athletic shoes will help to make your workout more enjoyable. Please do not wear blue jeans or other clothing that has external metal parts and rigid seaming since this can cause damage to the upholstery on the equipment.

Shirts and shoes must be worn at all times in the facility. Shirts must cover the entire torso – no crop tops will be allowed. Clean shoes will be strictly enforced. Damage to the equipment, increased maintenance and cleaning will result in an increase in membership dues.

For your safety, street shoes, open toed sandals, boots, and excessive jewelry are not permitted. Clean workout clothing is required. Please avoid heavy perfume or cologne. Your clothing should be kept to a modest style since both men and women use the facility. Please be considerate of others.

### LOST OR STOLEN ITEMS

North Mahaska CSD is not responsible for lost or stolen items. If you feel you have left something in error, please notify the facility and we will be happy to look for you.

Valuables are best left in your locked automobile or not brought to the facility at all.

### TOBACCO FREE AREA

Help us promote healthy lifestyles; using tobacco products (cigarettes, cigars, pipe, chewing tobacco, or snuff) in the building is not permitted.

### MEMBERSHIP PAYMENTS

All memberships are paid in full for the yearly rate. This helps keep our costs lower, and facilitates your access to the fitness center. Rates beginning February 1, 2022 are as follows:

\$120.00: Individual

\$200.00: Family

\$60.00: College Student

No Charge: Immediate Staff Family

### EQUIPMENT

Our center has many different types of equipment to help you achieve your fitness goals.

Please ask if you are unsure how a piece of equipment works. Here is a general list of reminders about the equipment here at the center.

#### Treadmills

Treadmills allow you to walk or run in place using a belt driven by an internal motor. Before beginning a workout on a treadmill:

- Make sure the treadmill belt is stationary.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.



- Make sure to utilize the safety switch attached to your clothing
- When finished, be sure to let the belt come to a complete rest before dismounting.
- NEVER attempt to mount a treadmill with the belt running.

### Elliptical Cross trainers

The electronic displays for elliptical trainers work when you begin to pedal. Before beginning a workout on an elliptical trainer:

- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Keep both feet on the pedals while using.
- Make sure pedals come to a complete stop before dismounting.

### STRENGTH EQUIPMENT

All strength equipment is designed to perform 1 or 2 basic movements (i.e. pec deck and rear delt). Before beginning a workout with our strength equipment:

- Adjust your seat to the appropriate level.
- Adjust the weights to your appropriate level.
- Secure all loose clothing, personal stereos, and dangling jewelry.
- Abide by all posted cautions and warnings on equipment.
- Keep hands and feet away from weight stacks, moving parts, and cables while in motion.
- Use appropriate hand and foot grips.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Do not try to adjust or modify the equipment with additional weight, cables, or the like.
- Do not bang or drop the weight stacks.

### FREE WEIGHTS

Free weights are designed to give you total range of motion in a movement. Free weights include the dumbbells, barbells, weight plates, and racks. Before beginning a workout with our free weights:

- Secure all loose clothing, personal stereos, and dangling jewelry.
- Adjust the weights to your appropriate level.
- Abide by all posted cautions and warnings on equipment.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Always lift with a spotter (someone who is able to assist you with the weight). If you are lifting alone and during non-staffed hours, never try to lift weight on a bench that you cannot lift.
- NEVER drop or throw weights. Use appropriate bar racks and standards.
- Always replace weights when finished. Weights on the floor present a tripping hazard.