



ExCEL
EXCELLENCE CENTER FOR ENHANCED LEARNING

Fitness Center Rules & Regulations

General Procedures

- All applicants for membership must clear a TISD background screening. Upon clearance, applicants must register with ExCEL in order to acknowledge and sign the required forms, as well as pay for and receive their key card to access the facilities (\$10.00 per year)
- Once received, key cards are the members' responsibility. Lost or damaged key cards can be replaced for an additional \$10.00 fee, and the previously issued card will be deactivated.
- Upon being granted membership, members will be able to access the facilities according to the dates and times set forth by ExCEL administration (times and dates subject to change)
- Any member aiding in the improper use of the ExCEL facility by an ineligible person will have their key card deactivated and may have their membership revoked (for the safety of yourself and others, please do not open the doors for anyone).
- Food and beverages are not permitted in the fitness center or the group exercise rooms (except for water in a closed container). Food and beverages are permitted in the ExCEL Bistro area.
- Drugs, alcohol, weapons, firearms, or any other illegal substances are strictly prohibited.
- No bicycles, rollerblades, skateboards, or pets are permitted inside the facility. No gas-powered or electric motor carts are allowed, except electric carts to assist individuals with disabilities.
- Modifications of equipment beyond the designed purpose are prohibited.
- Movement of any fitness machines from their original location may only be conducted by staff members.
- Injuries, accidents, or equipment failures are to be reported immediately to a member of the ExCEL staff.
- Anyone requesting to take photographs or video in fitness facilities must receive prior approval from the ExCEL Director or Manager. Failure to follow this policy may result in loss of membership.

- Misuse of ExCEL property may result in loss of membership.
- Use of the ExCEL Fitness Center and facility is a privilege. Anyone violating rules or posted policies, including verbal, and/or physical abuse of employee(s) or patron(s), criminal activity, disorderly conduct, or inappropriate behavior is subject to: (a) immediate removal from the facility, (b) suspension of membership, and (c) criminal prosecution.
- Interpretation of any policies will be at the discretion of ExCEL administrative staff.

Dress Code

- Only clean, non-marking, full-toed gym/athletic shoes are permitted in the fitness areas.
- Examples of prohibited shoes include, but are not limited to, cleats, sandals, stocking feet and/or hard soled shoes.
 - A shirt or tank top is required for participants in the fitness areas. Torso shall be fully covered. Athletic pants or shorts that are non-revealing and fully cover the buttocks are required. Jeans or bottoms with rivets, zippers, or buttons are not allowed as these items can damage upholstery.

Age Restrictions

- The ExCEL Fitness Center is available for all TISD staff and residents of Terrell (inside TISD boundaries) age 50 and above.
- At this time, ExCEL does not allow guests to participate in any Fitness Center activities unless otherwise indicated in the specific program regulations and policies and/or approval is granted from ExCEL administration.
- Staff, members, and instructors are not allowed to bring guests or children with them while using the facility. The only exception is if the guest or child is enrolled and actively participating in an ExCEL sponsored program at the same time.

Safety & Personnel

- All ExCEL members workout at their own risk.
- The ExCEL Fitness Center is not supervised by staff during all hours of accessibility.
- Facilities are monitored by security cameras.
- Only authorized personnel of ExCEL are allowed to provide personal training services in the Fitness Center. Any participant observed or assumed to be personal training with a patron in the facility, who is not employed by ExCEL specifically for that purpose, is subject to fines and/or suspension of their membership.
- Personal belongings should not be left unattended anywhere in the facility.
- Members are expected to wipe down equipment after use.
- Safe and proper use of equipment is required at all times.

- Each participant is allowed to have only one set of dumbbells off the rack at a time.
- All plates, dumbbells, and accessories must be returned to the proper rack or weight tree after each use.
- Slamming of weight stacks and/or dropping weights on the floor is not permitted in the Fitness Center.
- Participants are encouraged to rotate after one set and allow other participants to work out when using strength equipment.
- There is a 30-minute time limit on all cardio equipment during peak times if others are waiting.
- Headphones are required for all audio devices brought into the Fitness Center by patrons.
- Walking Track around the turf field is part of the Fitness Center and may be utilized during open Fitness Center hours excluding days and times of hosted events as scheduled and determined by ExCEL. Members walking the track do so at their own risk and discretion.

Group Exercise (Classrooms)

- Only formally scheduled and/or ExCEL administration-approved activities are allowed in the classrooms.
- Unless otherwise instructed by a staff member, use of exercise equipment or other technology in the classrooms outside of a scheduled group exercise class with a certified instructor or a recreation class is prohibited.

Basketball/Volleyball Courts & Turf Field

- The courts and turf arena are not part of the Fitness Center membership and are not to be accessed or utilized.
- Only formally scheduled and/or ExCEL administration-approved activities are allowed on the Courts / Turf. Participants must be registered for these activities.
- Members/Patrons not following all posted guidelines will be asked to leave the facility.

Lost and Found

- TISD ExCEL is not responsible for lost or stolen items. A lost and found for small items (badges, headphones, etc.) is located at the ExCEL front desk. Items may be donated to charity if not claimed after 30 days.
 - Valuable items (jewelry, ipods, etc.) are kept in a secure/locked location and can only be claimed during normal business hours unless advanced notice of pick-up time is provided by the patron.
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Code of Conduct

The following Code of Conduct sets forth expectations for all participants and visitors who use the facility for any purpose.

Participants and visitors must adhere to the following:

- Act with courtesy and professionalism at all times.
- Comply with requests and direction from ExCEL staff, officials, instructors, and facilitators who are acting in the performance of their duties.
- Comply with any rules and guidelines set forth for the particular program, event or class.

Participants and visitors must refrain from:

- Aggressive behavior in any form, including physical abuse, verbal abuse, threats, intimidation, harassment, coercion and/or conduct which threatens or endangers the health or safety of any person.
- Rude or argumentative behavior with staff, officials, and instructors or other participants or visitors.
- Disrupting or obstructing any program, event or class.
- Lewd, obscene or indecent conduct or expression, including profanity, or offensive remarks.
- Any action which constitutes an attempt to inflict, or the actual infliction of, or injury to other participants and/or staff.
- Willful damage or destruction to the facility or property.
- Forgery or sharing membership cards for access to the facility or access to programs, services or classes.
- Unauthorized use of facility technology or unauthorized adjusting of audio visual equipment.
- Photography and video taping of participants or visitors without prior approval of participants being photographed or taped and without prior approval from an authorized staff member.
- Unauthorized commercial activity – no person is allowed to post, advertise, instruct in private lessons or solicit individuals in the facility for personal services or for personal businesses that is not directly affiliated and approved through ExCEL.

ENFORCEMENT

The above Code of Conduct will be enforced by the staff, officials, instructors and facilitators whose authority shall prevail in the immediate situation.

All participants and visitors are required to report any violation of this Code of Conduct to an ExCEL staff member immediately. As needed, TISD Police may be called at any time to help enforce this Code of Conduct.

The following actions may be taken for violations of the Code of Conduct:

- Violations of the code that do not constitute an immediate and apparent threat to the safety of others or their property will result in all or some of the following actions, including, but not limited to:
 - Verbal warning
 - A suspension of certain and/or all privileges for a specified period of time
 - A permanent suspension
- Violations of the code that are deemed to constitute an immediate or implied threat to the safety of others, or their property and/or the safety of the facility or facility property may result in the following actions, including, but not limited to:
 - A one to six month suspension
 - A six to twelve month suspension
 - A permanent suspension

The ExCEL Director or Facility Manager ultimately determine the final outcome for failure to comply with the Code of Conduct. No refunds will be given for loss of privileges due to a final determination that a violation of the Code of Conduct occurred.

Any acts by TISD staff that are considered violations of the TISD Employee Handbook shall be referred to Department of Human Resources.

By signing below, I indicate that I have read, understand, and agree to everything in this document.

Print Name

Signature

Date

Contact Information Required:

Phone Number

Email Address

RELEASE OF LIABILITY

I, _____, for and in consideration of the Terrell ISD granting my request to allow me to use the fitness equipment at the Terrell ISD ExCEL Fitness Center have this day released, acquit, and forever discharge the Terrell Independent School District, its predecessors, successors, assigns, Board members, legal representatives, agents, servants, employees, volunteers, coaches in both their individual and official capacity, and all persons, natural or corporate, of and from any and all claims, demands, damages or causes of action of any kind whatsoever, at common law, statutory or otherwise, which the undersigned have or might have, known or unknown, now existing or that might arise hereafter, directly or indirectly attributable to my use of the Fitness Center and fitness equipment, or in any way connected thereto, it being intended to release all claims of any kind which I might have against those hereby released, whether asserted heretofore or not, and including but not limited to any claim for negligence.

I understand I should seek medical evaluation by a qualified medical doctor prior to beginning a physical fitness regime. I also understand any type of weight training, cardiovascular workout or any other type of physical fitness regime may have within it certain inherent dangers and I fully understand the dangers involved with these types of activities.

THE UNDERSIGNED DOES HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS THE TERRELL INDEPENDENT SCHOOL DISTRICT, ITS BOARD OF TRUSTEES, AGENTS, SERVANTS, EMPLOYEES, VOLUNTEERS, COACHES IN BOTH THEIR INDIVIDUAL AND OFFICIAL CAPACITY, AND ANY OTHER PERSON, FIRM, OR CORPORATION BOUND TO DEFEND OR PAY JUDGMENTS AGAINST IT AND/OR THEM, OR ANY OF THEM, FROM AND AGAINST ANY AND ALL CLAIMS, DEMANDS OR CAUSES OF ACTION, INCLUDING CLAIMS FOR CONTRIBUTION OR INDEMNITY, AND THE REASONABLE AND NECESSARY COSTS, INCLUDING ATTORNEY'S FEES INCURRED IN DEFENSE OF ANY SUCH CLAIM, WHICH ANY OTHER PERSON, FIRM, OR CORPORATION HAS OR MAY HAVE ARISING OUT OF/OR RESULTING FROM MY USE OF THE TERRELL ISD EXCEL FITNESS CENTER AND EQUIPMENT, OR IN ANY WAY CONNECTED THERETO.

The undersigned warrant(s) that he/she has read this agreement and fully understand it to be a release of all claims, known or unknown, present or future, that he/she has or may have against the party or parties released, arising out of or in any way connected with the matters described herein.

Dated: _____

[signature]

Printed Name