

ATHLETIC FACILITIES

We hope you enjoy our facility at New Bremen for personal health/fitness improvement. The money charged for membership and rental will be used to upkeep our athletic facilities.

1. Weight-room usage will be on annual membership. An annual membership can be obtained by:
 - a) Complete and sign an agreement and release of liability form which can be found on the New Bremen School Athletic Website or through the High School office.
 - b) Make a check payable to New Bremen Local Schools. Annual memberships will run from the date your card was received to the same date the following year. The administration will review this fee each summer. NO REFUNDS will be given.
 - c) Forms, payment and a copy of a valid picture ID are to be submitted to the High School Office.
 - d) Once approved a weight- room card will be distributed and will be active for the year beginning on the date your card was received.
 - e) FEES (PER YEAR)
 - \$100 Per Person
 - \$10/ month per person for college students (keys will be activated from the date the card is received through the number of months paid). Cards are to be returned after the 4 month period or an additional \$10 will be charged for a lost card.
 - f) Replacement for lost cards during the calendar year will be \$10 and the previous card will be deactivated.
 - g) Public hours will be set for weight room availability as follows.
 - During the school year
 - o Mon-Fri: from 5 AM – 2 PM and 6:30 PM until 10:30 PM
 - o Sat-Sun: from 12 PM to 10PM
 - During summer months when school is not in session
 - o Sun-Sat: 12 PM until 10 PM
 - *** these times are subject to change due to activities being held by New Bremen Schools. Please subscribe to our texting service, called Remind, (see attached form) to keep current on any schedule changes***
2. Weight Room Rules and Regulations
 - a) **This is a New Bremen School Facility.** While we will try to honor the scheduled times for community use, all New Bremen athletic teams have priority on using this facility. You may be asked to leave the facility so that our teams can use it.
 - b) All school rules and regulations apply to this facility, even if you are not a student at New Bremen Schools.

- c) You must be 18 years of age and not a current student of New Bremen Schools, or other high school, to use this room if not under the direct supervision of a coach or school employee.
- d) This facility is to be used by New Bremen students and community members only.
- e) You must have proper training on use of the equipment.
- f) When finished with your workout, all equipment needs to be returned to its original location
- g) School appropriate workout attire, including shoes, are required at all times.
- h) No food, gum or drink allowed, except water.
- i) Always remove weights from bars and return to proper racks.
- j) Always use spotters when using the free weights
- k) Do not drop bars or lean plates against the equipment, racks or benches.
- l) Do not alter or abuse machines and free weight areas with reckless technique or improper use
- m) Horseplay, unsafe activity and offensive language will not be permitted.
- n) No tobacco or alcohol is permitted on school grounds, including in this facility.
- o) Report damaged or broken equipment and items to the high school office by calling 419-629-8606 Ext. 102
- p) Personal music players (i.e. IPod, MP3,) are permitted as long as ear buds or headphones are used; any larger devices will not be permitted.
- q) The use of profanity and music with profanity is prohibited.
- r) Do not prop open any CBC doors.

*** Individuals who do not follow the guidelines and rules for the weight room area will lose their weight room privileges with their card being deactivated without a refund of membership dues. ***

Signature

Date

New Bremen Local Schools Staff Signature _____



Sign up for important updates about your CBC Membership

To better communicate with our CBC Members, we are now using the Remind texting service. If you are a community member with a CBC Membership, please join this service. We won't text you often, but we feel this system is the best way to send information to our members, including when your membership hours need to change to accommodate our athletic programs. Thank you.

From your phone, join our
our texting service by:

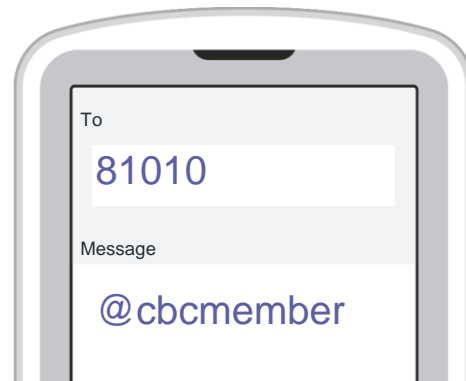
Texting the message [@cbcmember](#) to the
number [81010](#).

If you're having trouble with [81010](#), try texting
[@cbcmember](#) to [\(513\) 373-4162](#).

Follow the instructions that you receive via
text message.

(Because this system is designed for schools and is
used by many of our coaches and teachers, when you
join, you will be asked if you are a student, parent or
teacher – please answer that you are a parent.)

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/cbcmember on a desktop computer to sign up for email notifications.