



*l'École Intermédiaire*

*Lansdowne*

*Middle School*

*l'École Intermédiaire Lansdowne Middle School*

## **Fitness Studio Code of Conduct**

Our school community is privileged to have access to a complete Fitness Studio for students this year. We are excited about the opportunities that this new facility will provide all Lansdowne Flyers. With this unique learning space that support our physical literacy and healthy living goals, we want to maintain a positive and supportive fitness community. The following Code of Conduct must be adhered to at all times. This Fitness Studio Code of Conduct is imperative to maintain the safety of all students and staff.

**Guardians**, please read and discuss the following terms with your child and **initial each statement. Both student and guardian must sign at the bottom** to show that you and your child understand the expectations for use of this amazing space.

### **SAFETY**

- \_\_\_\_\_ Equipment may not be touched until an adult has given specific instructions to do so. When you enter the studio, wait for your teacher in the centre meeting area. Students may not enter the Fitness Studio without a staff member.
- \_\_\_\_\_ Equipment is to be used only as intended, which will be explained in each student's fitness studio orientation at the start of the year.
- \_\_\_\_\_ Weights are to be placed gently in their proper storage racks and not dropped
- \_\_\_\_\_ Return all equipment to its proper place immediately after use.
- \_\_\_\_\_ Proper footwear (clean, closed-toed athletic shoes) must be worn
- \_\_\_\_\_ It is expected that you will be safe, positive, and encouraging towards yourself and others.

**ETIQUETTE**

- \_\_\_\_\_ Mats and benches must be sprayed and wiped after use.
- \_\_\_\_\_ Yoga mats must be sprayed, wiped and rolled neatly after use.
- \_\_\_\_\_ No food or beverages (other than water in a sealed bottle) are allowed.
- \_\_\_\_\_ Absolutely no equipment can leave the fitness studio for any reason.
- \_\_\_\_\_ Any damaged equipment must be reported immediately to a staff member.
- \_\_\_\_\_ Any injuries to yourself or others must be reported to a staff member.
- \_\_\_\_\_ There is a classroom next door; yelling is prohibited and music must be kept at a moderate level.

- **Please make this a fun, healthy and enjoyable experience for all by demonstrating care, honesty, respect, and responsibility towards the fitness studio, your teacher, and your classmates.**

**Failure to comply with the above expectations will result in loss of use of the Fitness Studio.**

Grade: \_\_\_\_\_ Advisory: \_\_\_\_\_ Teacher: \_\_\_\_\_

**Student Name (printed):** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

Guardian Name (printed): \_\_\_\_\_

Guardian Signature: \_\_\_\_\_