

East Central ISD Employee Wellness Center Guidelines

Mission Statement

To promote healthy living in the staff and community of ECISD through wellness education and physical activity opportunities.

Schedule:

Monday-Friday 6:30am-8:00am and 4:30pm-8:00pm.

***District Holidays Observed. Schedule subject to change.**

Check the calendar on the Employee Wellness web page for any updates to the current schedule.

The Wellness Center is located at the north end of the East Central High School complex in Gym 3/Spirit Gym by the student parking lot.

Services

- strength, flexibility, and cardio fitness equipment
- weights and resistance equipment
- access to water fountains and restrooms
- locker room or shower access is not available.

FEE: \$5 (cash only/exact amount), yearly fee for secured access key issued by the Athletic Office. Replacement fee (\$5).

You must have a ID badge. You will be notified via email when your access key is read Access expires on 6/9/22.

Assumption of Risk:

The Wellness Center operates at an "exercise at your own risk" policy. The use of the facility is voluntary. Each individual utilizing the facility assumes the risk for any harm or injury sustained. ECISD will not assume any responsibility for injuries sustained or incurred through participation in any wellness program and/or services in or outside of the Wellness Gym facility. However, **all injuries, equipment concerns or inappropriate use of the facility should be reported to Maggi Welham at 210-581-1184.** It is strongly advised that participants use caution and be aware of potential health risk associated with exercise, and/or obtain a physical from a physician before beginning any exercise program. It is also recommended that every participant of the Wellness Center be covered by a health and accident insurance policy.

By signing below you acknowledge to abide by all guidelines and policies set forth by the district to include the following:

---I will be responsible for my own safety and wellbeing while using equipment and facilities.

---I understand the Wellness Center is accessible only to ECISD Staff

---I will not use the facilities during working hours.

---I further understand that **no one under the age of 18** is allowed in the Wellness Center.

---I will have my district ID with me at all times.

---I will not loan my wellness pass to anyone.

---I will not bring food inside the Wellness Center at any time and my beverages will be kept in a spill proof container.

---I will wear athletic footwear for participation in the Wellness Center.

---I will not wear open toe shoes, sandals, boots jeans, belts, or exposed metal.

---I will utilize a spotter when using excessive weight for the following exercises, bench press, incline, and squats.

---After using equipment I will use sanitary wipes to wipe down all equipment I used and return all equipment to its proper storage.

All patrons will be responsible, courteous and practice safety measures at all times. Disorderly conduct, profanity, abuse or misuse of the facilities, its equipment or disregard for guidelines and polices will not be tolerated. Violators will be subject to disciplinary action or suspension of facility use.

WAIVER OF CLAIMS: I do hereby assume full responsibility for all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating in the activity(-ies). I hereby waive all claims against the East Central Independent School District.

I fully understand that any medical treatment given to me will be of first aid treatment type only. I also understand that I will be responsible for all costs related to any medical treatment provided. Participant signature is an agreement that all information provided is accurate & true and he/she will abide by all ECISD policies and procedures.

Print Name _____ Staff ID # _____ Badge # _____

Campus/Department _____ Phone Number _____

Signature: _____ Date: _____

Print, Sign & Submit to Athletics Office

Revised: 09/15/21 Paid _____ Date _____ Rec'd by _____