



McComb Local Schools

Administration Office - 328 South Todd Street • McComb, OH 45858
Mrs. Meri Skilliter, Superintendent • Mrs. Linda Clymer, Treasurer

Fitness Center Rules and Guidelines

1. Please be respectful of others utilizing the center.
2. Sign in and leave your membership card at the desk.
3. Cardio equipment (treadmills, bikes, and ellipticals) should be used for a maximum of 20 minutes IF someone is waiting to use them.
4. After using any equipment, please use the provided spray and paper towels to spray surfaces where there has been bodily contact. Please do NOT spray any screens, displays or silicone, rubber, etc., parts, such as grips.
5. If you aren't sure how to use a machine, you may ask the monitor. Please be advised, he or she may not be able to show or tell you how to use a given machine. Always follow directions posted on or by the machine, and refer to the online video you watched before joining, to refresh yourself on proper usage of machines.
6. Please note closing times and adhere to them strictly. Remember monitors are VOLUNTEERS, and will need to leave in a timely manner.
7. You must follow any verbal direction given by a school employee or monitor immediately or risk having your membership suspended *without a refund*.
8. In case of emergency, please call 9-1-1 immediately, notify the monitor, and commence first aid measures to the extent you are trained/comfortable. An AED is also provided, and upon opening next to a patient, will give verbal direction to aid in its usage. If you are not trained, it may be helpful to alert other people using the facility to see if anyone is able to provide first-aid and/or CPR as indicated.