

Bear Den Weight Balcony/Fitness Center (BDWBFC)
Staff Wellness Guidelines and Expectations
Revised May 24, 2019

Goal: Provide interested staff and immediate family members with the opportunity to use MSD facilities for wellness and fitness activities.

MSD Board Policy 1250.55 - Other School Based Wellness Activities

The District's goals concerning other school based wellness activities will include: Staff wellness initiatives. The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district's Insurance Committee promotes staff health and wellness by promoting healthy eating and physical activity, and staff involvement in wellness programs.

Hours: The Bear Den Weight Balcony/Fitness is available to any MSD staff member at any time between the hours of 5 a.m. to 11 p.m. with the following considerations:

1. BDWBFC may not be used if the intended activity would in any way interfere with any other activity scheduled in the facility (i.e. – PE classes, athletics practices, assemblies, etc.).
2. If custodial, tech or maintenance personnel are working in the BDWBFC, please ask them if your activity will in any way interfere with their work. If they are ok with your intended use, please proceed in a manner which allows them to continue their work with minimal disruption.

Access: There is a key box at the west door to the weight balcony which contains a key that will unlock the BDWBFC door. Please use that key and return it to the lock box and make sure the door and box are locked when you leave. The code for the lock box may be obtained from any of the MMS PE staff, MMS administrators, or the MSD Operations Director. MSD Staff from buildings other than MMS should contact the MSD Operations Director to ask to have their fob or access card set up to unlock the Bear Den exterior doors.

Access note: Any MSD staff member who is also coaching a club sport must use the Facility Use Request process on the MSD website in order to use an MSD facility for club team practices/activities.

Liability/Use by non-MSD staff: As an MSD staff member, you are covered under our liability insurance. For the time being, The BDWBFC is available for wellness activity use by MSD staff and immediate family members only. ***Please note that an MSD staff must be present at all times if the facility is being by a family member.*** The possibility of using waivers for non-MSD users is being investigated. All children must be supervised in an age appropriate manner.

Under no circumstances should children use **any** of the equipment without an adult in the immediate area.

Care of Facility and Equipment: Please put things away and use the “leave it better than you found it” philosophy.

1. Take weight plates off leg press or bars after use and replace on appropriate storage racks.
2. Physioballs, bosu balls/balance trainers, medicine balls and dumbbells go back on racks after use.
3. Bikes should stay facing the wall. **Please do not move.** Use safety knob only in emergency. Tighten resistance to slow down in regular use. Shoe clips should remain on the bikes.
4. Trampolines – please do not move. Check handle bar knobs and tighten before using. Make sure legs are secure and balanced. No unsupervised children on trampolines. Fitness trampolines are for jumping low/pushing down for workout resistance not jumping high.
5. Wall bands remain on clips for everyone to use. See pictures on the wall for guidance.
6. PlyoBoxes should be stacked against wall.
7. If you are the last to leave, please do a walk-through to make sure everything looks good and is put away. Make sure both balcony doors are shut and locked, and if no one else is the Bear Den, please make sure the exterior doors latch securely and are locked. Help take care of the space.
8. Facility/Equipment Fixes: If you notice anything that needs to be fixed, tightened, etc. please report via email to Frank Petrie and Bill Holman so that a work order can be generated and it can be taken care of as soon as possible.
9. In the event of any kind of emergency (injury, power outage, major facility issue), call 911 as necessary, and when safe to do so, please contact at least one of the following individuals:

Bill Holman, MMS Principal – 509-339-3035

Frank Petrie, MSD Building/Grounds Supervisor – 208-669-1227

Charlie Gerke, MSD Operations Director – 509-595-2318

Dr. Greg Bailey, MSD Superintendent – 208-983-5991