

West York Area Middle School

Bulldog Fitness Center

After-School Program

Dear families of WYAMS,

Our Bulldog Fitness Center is available for student use during after-school hours (Please refer to the calendar for specific days of operation). Our HPE Department's goal is to provide all participants a positive workout experience in a safe environment.

For your child to be able to participate in our after-school program, please follow the steps outlined below:

1. Complete the *Student/Parent Contact Info Form* which includes emergency contact information.
2. Read and discuss the importance of following our *Safety Policies / Rules of Conduct*.
3. Provide signatures (both participant and parent) on the Student-Participation Permission Form.
4. Please have your child return the completed form (front and back) to the school.

This completed form should be handed directly to the MS Fitness Center Coordinator (Mr. Smith) or to your child's PE teacher.

Some highlights of our after-school program include the following:

- The fitness center will operate Tuesdays and Thursdays until 4:00pm. A calendar will be posted outside the fitness center. The calendar will also be posted online. www.wyasd.org/domain/217
- We encourage students to set realistic goals and to follow a workout program. We will enforce our safety guidelines at all times. Loss of privileges may occur if guidelines are not followed.
- Your child should communicate to you that they will be staying after school prior to the beginning of the school day. Staying after school without parental knowledge or permission will result in the loss of after-school fitness center privileges.
- **Dismissal will be after 2nd wave (with other after-school activities)**
- For their safety, students will sign-in upon arrival and sign-out when finished. After signing out, students may then leave the fitness center. Students may leave prior to 4:00pm.
- If your child is not a walker, please provide prompt transportation. A delay in transportation may also cause your child to lose their privilege of attending our after-school program.

Please contact me with any questions or concerns regarding our after-school program.

Respectfully,

Mr. Smith

Mr. Smith, MS Fitness Center Coordinator

mbsmith@wyasd.org

BULLDOG FITNESS CENTER

After-School Program West York Area Middle School

Open until 4:00 p.m. (Please refer to calendar for days of operation)

MS Fitness Center Coordinator: Mr. Smith mbsmith@wyasd.org

Safety Policies / Rules of Conduct

1. Students may use the fitness center after submitting the contact-information and signed permission forms. Students will need to have a ride home from a parent / guardian, have permission to walk home, or use the after-school activity bus.
2. The use of our fitness center is a privilege. Students with restricted privileges, or serving in-school or out-of-school suspension, may not use the facility after school.
3. No one is permitted in the fitness center without a school-authorized fitness center supervisor / staff member.
4. Absolutely NO horseplay is permitted.
Inappropriate behavior, language, or attire will NOT be tolerated.
5. All participants must sign in upon entering the facility and sign out before leaving.
Once a student has signed out, they may not return to the fitness center.
6. It is recommended that students follow a workout program and record results. If using free weights and/or dumbbells, please return them to the rack after use.
7. Proper attire is required: Includes athletic shoes, shorts, sweats, athletic bottoms, and a t-shirt.
(NO CROCS, SLIDES, FLIP FLOPS, OPEN-TOED SHOES, TANK TOPS or MUSCLE SHIRTS)
8. Food, drinks (excluding water), and gum are NOT permitted.
9. Students may bring their own devices to listen to school-appropriate music (use of ear buds / AirPods / headphones required); however, West York Area Middle School is not responsible for the damage, loss, or replacement of personal devices.
10. Please follow verbal instructions / directions given by the fitness center staff.

**FAILURE TO FOLLOW ANY OF THE ABOVE POLICIES WILL
RESULT IN DISCIPLINARY ACTION, WHICH MAY RESULT IN
THE LOSS OF FITNESS CENTER PRIVILEGES.**

WY BULLDOG FITNESS CENTER
Middle School After-School Program
2022-23 Contact Information

Student Information:

Student's Last Name: _____ First Name: _____
GRADE: 6th 7th 8th Homeroom: _____

Transportation Home @4:00pm: Parent/Guardian Permission to Walk Home
 Activity Bus (Permission Form Submitted)

Parent / Guardian Information:

Emergency Contact 1:

Name: _____ Relation to student: _____

Phone Number during fitness-center hours: _____

Alternate Phone Number: _____

Emergency Contact 2:

Name: _____ Relation to student: _____

Phone Number during fitness-center hours: _____

Alternate Phone Number: _____

Emergency Contact 3:

Name: _____ Relation to student: _____

Phone Number during fitness-center hours: _____

Alternate Phone Number: _____

(Please See Other Side)



BULLDOG FITNESS CENTER
West York Area Middle School



Student-Participation Permission Form

Please read the *Safety Policies and Rules of Conduct* form before signing.

In order to properly protect my own safety and that of my fellow participants, I agree to follow these rules as well as any others given to me by the instructor. Further, in recognition of the importance of shared responsibility for safety, I agree to immediately report anyone not following the safety rules as well as any observed hazardous conditions or equipment to the instructor. I have carefully read the *Safety Policies and Rules of Conduct*, and am voluntarily asking for permission to participate. Also, I will always make sure that my parent / guardian knows that I am staying after school and that transportation home is provided.

Signature of Participant

Date

Signature of Parent(s) / Guardian(s)

Date

WAIVER OF LIABILITY

Additionally, I hereby release the West York Area School District and its agents and its employees now, or in the future from legal claims and legal actions of any kind arising as a result of injuries sustained by my child as a result of participation in the fitness center regardless of the cause of said injuries or actions taken or not taken by any employee or agent of the school district. I am freely agreeing to sign this release, and it is legally binding on me, my heirs, executors, successors, and my estate.

Signature of Parent(s) / Guardian(s)

Date