



WEIGHT ROOM USE/INSTRUCTIONS

To: Platte County R-3 Employees Only

Staying active and working out is important to living a healthy lifestyle. The Platte County R-3 School District cares about its employees' health and wellness and wants to give you every opportunity to work out. If you would like to use a weight room please contact the following people, and they will issue you a Proxcard to access the weight room.

- Barry School weight room - contact Josh Milne (milnej@platteco.k12.mo.us) or Jeff Adams (adamsj@platteco.k12.mo.us).
- Platte City Middle School weight room – contact Pam McLain (mclainp@platteco.k12.mo.us)

Guidelines for employees using the weight room at Barry and PCMS

- There is a \$5 activation fee to obtain a Proxcard to use the weight room
- Hours for employees to use weight room:
 - Monday-Friday: 3:00pm -10:00pm
 - Saturday & Sunday: All Day
 - Spring, Summer & Christmas Break: All Day
- Friends/Family/Spouse/Children cannot accompany you to work out.
- Please do not give your ProxCard to anyone else to use.
- The ProxCards will be deactivated on August 15th each year. If you wish to continue using the weight room please notify Pam McLain at PCMS or Josh Milne at Barry to keep your ProxCard active.
- To keep the machines and workout room floors clean please change into clean workout shoes before using the equipment.
- Please do not move, unplug or power off the equipment.
- Please clean the machines after use. Cleaning supplies are available in the workout room.
- If the equipment is not working properly please request a maintenance work order.
- Radio – please keep the volume at a reasonable volume.
- PCMS Restrooms: Please use the restrooms along the North wall of the gym. Please refrain from using the restrooms in the main hall way.