



## Colchester School District 2011-2102 CSD Community Hall Walking Program Guide

Colchester residents wanting to walk inside during the winter months may use specified Colchester Schools.

In addition to supporting our students and staff, Colchester School District (CSD) would like to support residents in making healthy choices. The purpose of this program is to offer opportunities to community members who want to be physically active. This program is going to be run “at your own risk”. Please prepare appropriately and contact your doctor for medical guidance. Colchester School District will not be held liable for property or injury.

### **This program is available at the following locations during the listed days and times:**

Mallets Bay School:	MORNING: 6:00-7:30 AM,	AFTERNOONS/EVENINGS: 4:00-8:00 PM
Colchester Middle School:	MORNING: 6:00-7:00 AM,	AFTERNOONS/EVENINGS: 5:00-8:00 PM
Colchester High School:	MORNING: 6:00-7:00 AM,	AFTERNOONS/EVENINGS: 5:30-8:00 PM

The CSD Community Hall Walking Program will not run during school vacations, holidays or snow days. School closings will be broadcasted on local TV stations as well as posted on the [www.csdvt.org](http://www.csdvt.org) website.

To ensure safety and the success of this program, the following rules have been established.

#### **Walkers are expected to:**

- Sign the liability waiver each evening you are here
- Sign in and out of the building each evening you are here
- Walk, not jog
- Wear conservative athletic attire and appropriate exercise shoes
- Walk with a buddy and/or bring a cell phone in case of an emergency



#### **Parking**

Park in the general parking lot at each school. Do not block fire lanes. Please enter and exit at the front lobby – that is where you will sign in and out.

#### **Personal Items**

CSD is not responsible for personal items. Do not leave money, wallets or any other valuable items unattended.

Winter coats and boots may be left in the front lobbies at MBS and CMS or the CHS cafeteria.

#### **Bathrooms**

Please use the restrooms located in the front lobby of the school.

#### **Water**

It is always a good idea to stay hydrated. Prepare by bringing your own liquids or you may use the water fountains located on the designated walking paths (please see the map provided).

#### **Misc.**

This program is intended for adults.

It is recommended that you contact your doctor and get cleared for exercise before you start.

No pets are allowed.

Smoking is not permitted on the school premises.

**\*\* For the safety of our children, we need to know who is in the building. Please sign in and out. \*\***

Inquires about the Hall Walking program can be email to District Wellness Coordinator, Connie Gavin at [gavinc@csdvt.org](mailto:gavinc@csdvt.org).

## Colchester Community Hall Walking REGISTRATION AND LIABILITY FORM

**PART I:**

ACTIVITY: <b>Hall Walking</b>	SCHOOL/LOCATION: <b>CHS      CMS      MBS</b> (circle one)
DATE:	TIME:

**PART II:**

**By signing your name below, you agree to the terms of the waiver.**

**WAIVER:** I have read the CSD Community Hall Walking Program Guide. I understand that I am voluntarily participating in the above stated activity for the benefit of my own wellness. I understand that I am responsible for contacting my doctor if I have health concerns. I am fully aware of the risk inherent through participation in the activity stated above, and hereby release Colchester School District, any of its elected or appointed officials or instructors from any and all liability from injuries, claims, demands, costs, loss of services, expenses and/or damages which may be sustained by me on account of my participation in said program.

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