

# Momilani Elementary School Fitness Equipment

## Proper Use of Fitness Equipment

Aloha Students in Gr. 3-6,

What a privilege! Momilani is fortunate to have an awesome fitness structure on the upper field. However, your help is necessary to make it safe and enjoyable for all. Please read and respect the "Safe Play" rules.

Mrs. Doreen Higa, Principal

### Safe Play Equipment Use

- Do not play on broken or damaged fitness equipment. Report broken or damaged equipment to a teacher.
- Curved balance beam- begin from makai to mauka (one direction only).
- Climbing wall- no more than two students at a time (beginning pt. facing high school road), students may go over the top in a safe manner, no jumping off the equipment.
- Overhead ladders- begin from makai (one direction).
- Turning bar- begin makai to mauka (turn only in one direction).
- Parallel bars- begin basketball courts side to high school road.
- Pod Climber- use as a step climber, no jumping from pod to pod.
- Do not engage in contests, the equipment is for individual fitness only.
- Do not wear hooded jackets, stringed clothing, necklaces, dangling earrings, or bring any items into the fitness equipment area which may pose a danger to yourself and others

**Note: Grades K, 1, & 2 are not permitted on the upper field equipment.**

### Consequences for the Misuse of Fitness Equipment

- 1<sup>st</sup> offense- Verbal Warning
- 2<sup>nd</sup> offense- Time out for the remainder of recess
- 3<sup>rd</sup> offense- Call to the parents

**Note: Students who repeatedly misuse the equipment will lose equipment privileges.**