



PARENTAL WAIVER FORM

For Use of the Weight Room

Children, 15-17 years of age

WEIGHT ROOM POLICY AND SAFETY PRECAUTIONS

- Any behaviors that disrupts others or the nature of the Center will not be tolerated. Those causing disruptive behavior may be asked to leave
- No food, drink or tobacco, in any form, is permitted in the weight room.
- Shirts and proper shoes must be worn at all times.
- Participants must sign in before entering the weight room.
- Participants under 15 years of age are not permitted to use or be in the weight room.
- Participants under the age of 18 must have a completed parental waiver on file with the Center.
- Please return barbells, benches, and weight plates to the proper storage areas.
- Please use a spotter when lifting the Olympic bars and free weights.
- Please check with your doctor before beginning any exercise program.

Print Participant's Name: _____

Address: _____

Date of Birth: _____ Age: _____

Home Phone: _____ Work Phone: _____

Parental Waiver for Use of Weight Room

I, the undersigned, understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and that I am giving permission for my son/daughter to participate in these unsupervised activities, using equipment and machinery with knowledge of the dangers involved. My son/daughter and I have read and understand the Center's Weight Room Policy and safety precautions.

I, hereby grant permission for _____ to participate and
agree to expressly assume and accept any and all risks of injury.
Participant's Name

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

Relationship to Child

Signature of Participant

Date