



Community High School

of arts and academics

Fitness Center General Rules/Waiver and Release Form

Community High School Fitness Center is provided for the health and wellness benefit of faculty, staff, students, administration, and tenants. We ask that all participants using the center follow the guidelines and procedures below for the safety of participants, to maintain the equipment, and to assure cleanliness of the facility.

A. General Rules for Fitness Center Use

Participants are asked to adhere to the following guidelines:

- o Student participants must report injuries to either 911 or by alerting a staff member.
- o Please show respect for the equipment, facility, and toward others using the center.
- o Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted. No horseplay or loud offensive language will be tolerated.
- o Use a spotter when lifting heavy weights or the inversion machine and please do not drop or throw the weights.
- o Keep hands and loose clothes away from weight stacks, cables, and pulleys.
- o To assure that all participants ability to use the machines, please limit use of cardio machines to 30 minutes when others are waiting.
- o Proper attire is always required. Shirts and athletic bottoms and shoes must be worn. No sandals, open toe shoes, or bare feet.
- o Plastic water bottles are allowed. All other drinks, food, and glass containers are not allowed.
- o The use of photographic equipment to take pictures of any person in the fitness center is prohibited without consent.
- o Please wipe off equipment after use with the sanitizer(s) that are provided.
- o Please pick up trash, towels, and personal belongings before leaving. Try to leave the center in better condition than when you arrived.
- o Complete and sign a Par-Q and consult your physician prior to undertaking exercise in the center if you answer YES to any of the seven questions.



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B. Waiver and Release (Must be completed and on file prior to using the Fitness Center)

I, the undersigned, have read and understand the General Rules for Fitness Center Use. I acknowledge a full understanding of the inherent dangers and risks associated with the use of this facility and/or any fitness/wellness activity occurring therein. By my participation in these activities and for use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives, employees, or volunteers of CHS fitness center, or by any other person.

I acknowledge that participation in this facility is strictly voluntary and has not been requested or required except when enrolled in Physical Education course for credit.

I acknowledge it is recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising. I also understand that injury or death may result if equipment is not used properly.

I understand that in the event of accident or injury, personal judgment may be required by CHS employees, agents, representatives, or volunteers regarding what actions should be taken on my behalf. Nevertheless, I acknowledge that CHS and/or CHS personnel may not legally owe me a duty to take any action on my behalf

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any fitness/wellness facility activity. I acknowledge that I have either had a physical examination and have been given a physician's permission to participate in these activities, or I have decided to participate.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend, and indemnify CHS and its representatives, employees, and volunteers from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of any equipment or participation in these activities.

I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT I AGREE NOT TO HOLD COMMUNITY HIGH SCHOOL LIABLE FOR ANY PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH, CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

Parent Signature and DATE: _____
(Required for all students regardless of age)

Student full name and DATE: (print): _____