

**FACILITY RELEASE/USE FORM FOR THE FITNESS CENTER/GYM
COMMUNITY HOURS FOR THE NORTHERN OZAUKEE SCHOOL DISTRICT**

Name _____ **Age** _____ **DOB** ____ / ____ / ____

IN CONSIDERATION OF MY UTILIZING The Northern Ozaukee School District FITNESS CENTER/GYM, The Northern Ozaukee School District STRENGTH AND CONDITIONING PROGRAM, The Northern Ozaukee School District STRENGTH/CONDITIONING EQUIPMENT, The Northern Ozaukee School District WEIGHT ROOM, ANY Northern Ozaukee School District ATHLETIC EQUIPMENT, ATHLETIC FIELDS, BASKETBALL COURT(S), (THE FOREGOING HEREINAFTER REFERRED TO AS Northern Ozaukee School District FACILITIES) , I (AND MY PARENTS OR GUARDIAN IF I AM A MINOR), DO HEARBY WAIVE AND RELEASE Northern Ozaukee School District, THEIR RESPECTIVE COACHES, TEACHERS, AGENTS, EMPLOYEES, OFFICERS, OFFICIALS, OR OTHER REPRESENTATIVES, OFFICERS, AND OFFICIALS, OF LIABILITY CLAIMS AND DEMANDS OF EVERY KIND AND NATURE WHICH I, MY ESTATE, OR MY HEIRS OR PERSONAL REPRESENTATIVES MAY HAVE, OR MAY INCUR FOR BODILY INJURY, FOR EXPENSES OF MEDICAL TREATMENT, HOSPITALIZATION AND OTHER CARE RENDERED TO ME IN THE EVENT OF MY INJURY OR ILLNESS, OR FOR ANY AND ALL OTHER COSTS DAMAGES OR LOSSES SUFFERED OR INCURRED BY ME OR OCCASSIONED BY ME IN CONNECTION TO MY TRAVEL TO AND FROM AND MY PARTICIPATION IN THE, OR UTILIZATION OF THE ABOVE MENTIONED Northern Ozaukee School District FACILITIES.

I (AND MY PARENTS OR GUARDIAN, IF I AM A MINOR) WILL BE FINANCIALLY RESPONSIBLE FOR THE TREATMENT, HOSPITALIZATION AND OTHER MEDICAL CARE RENDERED TO ME IN THE EVENT OF MY ILLNESS, INJURY OR OTHER EMERGENT CIRCUMSTANCE(S) IN CONNECTION WITH THE UTILIZATION OF THE Northern Ozaukee School District FACILITIES.

Member _____ / _____ **Date:** _____
PRINT NAME LEGIBLY / SIGNATURE

If member is under 18:

Parent/Guardian _____ / _____ **Date:** _____
PRINT NAME LEGIBLY / SIGNATURE

Northern Ozaukee School District

Weight room/Gym Facilities

Code of Conduct and Waiver Form

For Your Safety and the Safety of Others:

1. It is always advisable to obtain your physicians approval before beginning any exercise program, especially if heart, respiratory, muscular, or skeletal conditions exist.
2. Complete all required forms and notify staff of all medical conditions and/or changes in medical status.
3. Attend a Free Weight and Cardiovascular orientation prior to using this facility.
4. Follow the recommendations of the Fitness Center staff or coaches concerning your exercise program and usage of equipment.
5. Always warm up and cool down before and after each workout session.
6. Know your physical limits and exercise within those limits. Discontinue exercise if chest discomfort, dizziness, pain, or any other physical discomfort occurs and report directly to a staff person.
7. Only attempt exercises you are familiar with and can use proper technique. If you are uncertain how to use any of the equipment please ask a staff person for assistance.
8. Always load and unload barbells evenly. When finished always unload your weight bar and your weights to the rack.
9. Always use collars and make certain that the weights and collars are secured properly.
10. When using machines make certain that all the adjustable components are securely locked in position and set at the correct setting for you.
11. Report any injuries to staff immediately.
12. Report any equipment problems to staff.
13. Always use a spotter when using free weights.
14. Wear proper workout attire, including shirts and athletic shoes (jeans, cut-off jeans, sandals and revealing attire is not permitted.)
15. Remove jewelry before working out (watches, rings necklaces, bracelets, etc.)
16. Wipe down the padding and handles and disinfect the cardio equipment after each use.
17. Follow appropriate safety and etiquette practices at all times.
18. No horseplay, offensive language or disrespectful comments to members or staff.
19. No equipment is permitted to leave the Fitness Center without written permission.
20. On-duty supervisors have the authority over all Fitness Center conduct and use of equipment, and may expel anyone from the facility for failure to comply with instructions and facility rules and guidelines.
21. All school rules apply to the Fitness Center, even during non-school hours. Violation of those rules will result in discipline from the school.

The Following are NOT permitted:

1. Cell phone use in the Fitness Center and locker rooms.
2. Misuse of equipment or failure to comply with safe exercise practices.
3. Dropping weights and other equipment on the floor or weight stacks on machines.
4. Leaning the weights against the walls or equipment.
5. Food, gum, glass bottles, beverages (other than water), tobacco, alcohol or non-prescription drugs into the Fitness Center.
6. Horseplay, offensive language or disrespectful comments to members of staff.
7. Weight belts are not permitted when the belts come in contact with the equipment or padding.
8. Facility phones are off limits unless permission is given.
9. Personal training by anyone except by Fitness Center staff, without consent of management.

Etiquette:

1. Let fellow members “work in” (alternate) with you by not sitting on any equipment you are not actively using.
2. Observe the time limits on the cardio equipment. 30 minutes max. Other members have the right to use the equipment too.
3. Watch where you are going. If someone is working out in a certain area, give them room. Walking to close to another person who is working out can cause you injury and distract them.

By signing below I am certifying that I have read and fully understand and agree to follow the code of conduct of the Fitness Center, as described above and on the reverse side of this form, at all times. In addition, I understand and am aware of the fact that physical exercise and the use of fitness center equipment is a potentially hazardous activity, which could result in serious injury or death. Therefore, I agree to assume all liability for the risk of serious injury or death, which may result from my presence in the fitness center or participation in any fitness center activity. Further, I agree to hold harmless and indemnify the fitness center and its equipment whether caused by the negligence of the management and the District or otherwise.

Member Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If member is under 18)