



**NORTHERN OZAUKEE SCHOOL DISTRICT FITNESS CENTER
REGISTRATION/WAIVER FORM**

Name:	Date of Birth:
Address:	
Phone:	Email:

- I am a student at NOSD *Year of Graduation _____
- I am a resident of NOSD
- I am a NOSD employee
- I am a spouse/domestic partner of a NOSD employee *Name of Employee _____
- I am not a resident of NOSD

CODE OF CONDUCT

1. It is always advisable to obtain your physician's approval prior to beginning an exercise program.
2. Always warm up and cool down before and after each workout session.
3. Discontinue exercise if chest discomfort, dizziness, pain, or any other physical discomfort occurs and report directly to a staff member.
4. Only attempt exercises you are familiar with and use proper technique. If you are uncertain how to use any of the equipment, please ask a staff member for assistance.
5. Always load and unload barbells evenly. When finished, always unload your weight bar and your weights to the rack.
6. Always use collars and make certain that the weights are collars are properly secured.
7. When using machines, make certain that all adjustable components are securely locked in position.
8. Observe time limits on cardio equipment: 30 minutes maximum.
9. Report any injuries to staff immediately.
10. Report any equipment problems to staff.
11. Always use a spotter when using free weights.
12. Wear proper workout attire, including shirts, and athletic shoes.
13. Remove jewelry prior to working out.
14. Wipe down the padding and handles, and disinfect equipment after each use.
15. No horseplay, offensive language, or disrespectful comments are tolerated to members or staff.
16. No equipment is permitted to leave the Fitness Center without written permission.

17. 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.
18. All school rules apply to the Fitness Center, even during non-school hours. Violation of those rules will result in disciplinary action.

NOT PERMITTED:

1. Cell phone use in Fitness Center and/or locker rooms.
2. Misuse of equipment or failure to comply with safe exercise practices.
3. Dropping weights or other equipment on the floor or weight stacks on machines.
4. Leaning weights against 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 or 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 Fitness Center staff, without consent of management.

LIABILITY RELEASE AND FACILITY USE

I understand there are a number of inherent risks associated with using the Northern Ozaukee School District Fitness Center, and therefore agree to follow any and all safety standards, guidelines, and procedures established for using the Northern Ozaukee School District Fitness Center.

By signing below, I am certifying that I have read and fully understand the code of conduct described on this form. I agree to assume all liability for the risk of serious injury or death, which may result from my presence in the Northern Ozaukee School District Fitness Center. Further, I agree to hold harmless and indemnify the Northern Ozaukee 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 under 18)