



## **PARENTAL WAIVER FOR USE OF WEIGHT/CARDIO ROOM**

In consideration of allowing my son/daughter to participate in athletic activities and use equipment and machinery at the Tualatin Hills Parks & Recreation District weight and cardio rooms, I, the undersigned, hereby agree to waive any and all claims that may arise from such participation and use. I understand and am aware that strength, flexibility and aerobic exercise, including the use of exercise equipment and machines, are potentially hazardous and involve risk of injury. I give permission for my son/daughter to participate in unsupervised activities in the Weight/Cardio Room, including the use of exercise equipment and machines, with knowledge of the dangers involved. My son/daughter and I have read and understand the District's weight and cardio room policy, safety precautions, code of conduct and waiver.

### **Fitness Room Policy and Safety Precautions**

- Participants must check in at the front desk before entering the weight/cardio room.
- Participants under 14 years of age are not permitted to use or be in the weight room without permission of the Center Supervisor.
- Please return all equipment used to the proper storage areas.
- Wipe equipment after use. A sanitizing spray bottle and towels will be provided.
- Please use spotter when lifting the Olympic bars and free weights.
- No outside personal training is permitted in District facilities.
- Please refer to your primary care physician before beginning any exercise program.

### **Code of Conduct**

- No cell phone use in the cardio/weight rooms. If you need to use the phone, please exit the room to do so.
- Appropriate language and volume must be considered when conversing in the weight/cardio room.
- No food, alcohol, or tobacco in any form is permitted.
- Appropriate athletic apparel, including clean shoes must be worn at all times.

Participants Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Home Phone: \_\_\_\_\_

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

*Note: A non-parent cannot legally sign this waiver for other people's children. It must be signed by the parent/legal guardian.*

Risk & Contract Management

Document2