



TUALATIN HILLS PARK & RECREATION DISTRICT

PARENTAL WAIVER FOR USE OF WEIGHT/CARDIO ROOM

In consideration of allowing my minor 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 minor 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 minor 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 14-17 y/o

- 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 Fitness Specialist/Person in Charge (PIC).
- 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.

Fitness Room Policy and Safety Precautions 12-13 y/o

- Participants must adhere to above precautions, in addition to:
- Fitness Specialist/PIC will evaluate on a case by case basis.
- Approved minors 12-13 y/o must be supervised at all times by parent or guardian at least 18 y/o.
- Approved minors 12-13 y/o may use cardio equipment and light weights only. No weight machines allowed. Squat rack not allowed.

____ *Parent/Guardian initial that they understand and will comply with minor avoiding use of weight machines.*

Minors under 12 y/o are not allowed to use weight/cardio room

Over for code of conduct, checklist and signatures.

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Code of Conduct

- No cell phone call 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. And no glass containers please.
- Appropriate athletic apparel, including clean shoes must be worn at all times.

Walk Thru Checklist

____ Minor has been shown cleaning solution and towel. Has been instructed to spray the towel, not the machines to sanitize them.

____ Minor has been shown the emergency stop button on the treadmills and the stop brake on the spin bikes. Spin bikes have a 40lb fly wheel, it is important to use brake to come to stop.

____ Minor has been shown how to use collars on Olympic bars and safety features on machines.

____ Minor has been instructed to read instructions on machines before use.

____ Minor understands to keep load light at first to ensure proper execution of movement.

Initial each spot above.

Participants Name: _____

Address: _____

Date of Birth: _____ Age: _____ Home Phone: _____

Staff name completing walk thru

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