

# MEMORANDUM OF AGREEMENT

## Wrangell Parks & Recreation Family Fitness Program

This Memorandum of Agreement (MOA) establishes the guidelines and expectations for participation in the Wrangell Parks & Recreation (P&R) Family Fitness Program. By signing this agreement, both parents and children acknowledge their commitment to a safe, respectful, and enjoyable workout environment.

### 1. Program Eligibility & Age Restrictions

- The Family Fitness Program is open to children ages **7 and up**.
- A parent or legal guardian must **actively participate** in the workout alongside their child at all times. Passive supervision is not permitted.

### 2. Parental Responsibilities

- Parents must teach and reinforce proper **gym etiquette**, including but not limited to:
  - Sharing equipment and allowing others to work in between sets.
  - Cleaning and returning equipment to its proper place after use.
  - Respecting others' space and maintaining a positive environment.
- Parents must ensure their child is following **safety guidelines** and practicing **age-appropriate exercises**.

### 3. Safety & Equipment Use

- **Light weights only:** Children should focus on proper form and technique rather than lifting heavy weights.
- **Cardio equipment caution:** Children must use treadmills, ellipticals, and bikes with supervision and at appropriate speeds to prevent injury.
- Parents are responsible for ensuring that their child is using equipment correctly and safely at all times.

### 4. Program Focus: Fun & Learning

- The primary goal of this program is to promote **healthy habits, confidence, and physical literacy** in a supportive environment.
- Workouts should be **engaging and educational**, rather than competitive or overly strenuous.
- Parents should encourage participation with a positive attitude and foster an appreciation for fitness as a lifelong activity.

### 5. Agreement to Participate

By signing below, the parent/guardian and participating child acknowledge that they understand and agree to follow the Family Fitness Program rules. Failure to adhere to these guidelines may result in dismissal from the program.

**Parent/Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Child Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This MOA ensures a safe, structured, and enjoyable experience for families participating in the Wrangell Parks & Recreation Family Fitness Program.