

**WRANGELL PARKS & RECREATION**

**WEIGHT ROOM / WEIGHT TRAINING EQUIPMENT USE WAIVER**

For your son/daughter to use the weight room, if they are under the age of 18, this waiver must be signed by a parent or guardian and kept on file in the Recreation Center's office.

**WEIGHT ROOM WAIVERS ARE GOOD FOR ONE YEAR**

**WEIGHT ROOM REGULATIONS:**

1. Anyone under the age of 14 may NOT use the weight room.
2. Users under the age of 18 must have a signed waiver on file at the Recreation Center's office.
3. All users must pay and sign-in prior to use of the facility.
4. No audible music allowed in weight room; however head-sets will be allowed.
5. No gum, food, candy, or pop allowed in the weight room.
6. Appropriate clothing is required to be worn in the weight room. Shoes and shirt are required.
7. Personal weight training equipment is not allowed in the weight room.
8. Anyone under the influence of alcohol and/or drugs will be restricted from entering the facility and will be asked to leave.
9. Any actions which are or may become hazardous to staff or patrons will not be tolerated, based on the judgment of staff.
10. Persons with communicable diseases, open wounds, sore or inflamed eyes (due to infection), or discharge of the mouth or ear(s) shall not use the weight room.
11. All equipment will be used as intended.

I give my permission for my son/daughter, (Name) \_\_\_\_\_, to use the weight room from (Begin Date) \_\_\_\_\_ to (End Date) \_\_\_\_\_.

I understand that a weight training equipment orientation is not provided by Parks & Rec. I understand that there is a certain amount of risk associated with weight training exercise. I represent and warrant to Parks & Rec that my child is in good physical health and able to engage in such physical activity. I have carefully read this waiver and have signed the *Player Participation Agreement & Liability Waiver* form, as part of this waiver process.

In case of an emergency I can be reached at the following numbers:

Home Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant: \_\_\_\_\_ Date: \_\_\_\_\_