

**Palmyra-Eagle Area School District
Fitness Center Recreation Agreement Form**

Please read and sign the PEASD Fitness Center rules and sign the membership agreement.

Rules include:

1. Please remember, that it is always best to check with your physician before starting any fitness program.
2. Elementary age and younger children are NOT allowed in the Fitness Center.
3. Middle and high school-age students may use the Fitness Center under the supervision of a Fitness Center supervisor, coach, or parent.
4. ALL Fitness Center users MUST have a signed liability agreement on file with the Fitness Center Coordinator.
5. ALL non-student Fitness Center users over the age of 18 MUST have a fob in order to use the Fitness Center.
6. You may not allow other Fitness Center users into the Fitness Center if they do not have a fob.
7. Safety first! If you are unsure about how to use the equipment, please do not use the equipment
8. Be respectful of the facility, equipment, and others.
9. Family-friendly language only; no profanity or offensive language.
10. No food or drink in the Fitness Center except water.
11. Tennis shoes must be worn at all times. No open-toed shoes, boots, or cleats are allowed.
12. Appropriate shirts must be worn which must cover the full chest and back.
13. Shorts, athletic pants, or sweat pants must be worn. For the safety of the individual using equipment, no jeans are allowed.
14. For your own comfort, it is recommended to bring a small towel from home for your personal use.
15. Members are encouraged to utilize their own listening devices which do not interfere with other members.
16. The use of cell phones for listening to personal music is allowed; however, personal calls should be taken outside of the Fitness Center.
17. Music played aloud should be family-friendly.
18. TV's should be muted at all times.
19. Disinfect all equipment after each use with the disinfectant wipes provided near the equipment.
20. If doing multiple sets on a piece of equipment, please allow others to work in with you or trade sets.
21. When the Fitness Center is crowded, please limit your time on the equipment to 30 minutes.
22. Spotters are required when lifting.
23. Plate collars need to be used on all bars at all times
24. Re-rack all weights and dumbbells after use.
25. Do not drop or slam weights.
26. Do not lean plates or bars against weight equipment, walls, or mirrors.
27. No standing on benches.
28. Do not place bars or dumbbells on bench padding.

All members should be able to enjoy their workouts. There will be zero tolerance for any “horseplay” or misuse of the equipment. Any misuse of equipment may result in forfeiture of Fitness Center privileges.

Fitness Center Recreation Agreement

I have read and understand the rules for the usage of the Palmyra-Eagle Area School District Fitness Center along with the Palmyra-Eagle Area School District Fitness Center Guidelines.

I understand if I violate any of the rules, my membership privileges may be revoked and my fob will be deactivated.

I am also financially responsible for any damages that occur from the misuse of the equipment.

Member's Name: _____ Phone: _____

Member Address: _____

Member Email: _____

Signature: _____ Date: _____

Parents of Students:

I give my student(s) permission to use the Fitness Center under the guidance of the Fitness Center supervisor.

Signature: _____ Date: _____

Student Name(s) and grade(s): _____

Student Emergency Contact: _____ Relationship: _____

Student Emergency Contact Phone: _____

(For Business Office use)

Date R'cvd: _____ R'cvd by: _____ Membership Fee \$ _____

Membership Paid Date: _____ Liability Date R'cvd: _____

R'cvd by: _____ Date OK to use Center: _____

This form is a release of liability form.

This release of liability form clearly states you are fully aware that you are going to take part in an exercise program. As a direct consequence of the inherent risks involved in taking part in this you know, it is possible that you may incur injury. By signing this form, should any injury occur, you fully understand and agree that neither you, nor your relatives nor any other family representative, can make a claim, sue, or expect Palmyra-Eagle Area School District or its employees to be legally responsible or pay for any damages. Please read the following document carefully and ensure you understand it fully before signing it.

Acknowledgment and acceptance of risks:

I, the undersigned, hereby acknowledge that I have voluntarily chosen to take part in an exercise program. Certain risks are inherent in any such activity and cannot be fully eliminated, precluded, or controlled. I appreciate that these risks, some of which can contribute to the unique character and enjoyment of the activity, can also be the cause of injury.

By my signature, I hereby explicitly acknowledge, accept and willingly assume all risks and hazards related to, arising out of, or associated with my participation in the exercise program. **Parent signature is required if the participant is under 18.

Risk Release:

The Palmyra-Eagle Area School District always reserves the ultimate right, at any time, to accept, deny or terminate participation to and by any person. I hereby agree to follow all rules, regulations, and instructions of the Palmyra-Eagle School District and its employees while participating in this program. I also certify that I am physically, mentally, and emotionally capable of participating in these activities. I hereby represent that I have informed the Palmyra-Eagle Area School District of any pertinent medical conditions that may affect my participation in this program.

Please Note:

ALL PARTICIPANTS MUST FILL OUT THIS ENTIRE FORM . All participants under the age of 18 years must have the form signed by the minor's parent or guardian prior to participating in this program.

If you have any questions regarding this form, please contact Quentin Cauffman, Fitness Center Coordinator at 262-495-7101 X 1103. Please specify if you'd like to receive a copy; otherwise the original will be kept with the Fitness Center Coordinator.

PLEASE PRINT CLEARLY-THANK YOU!

MemberName _____ Date _____

Home Phone _____ Work Phone _____ CellPhone _____

Member Address: _____

Signature _____ Rec'd by _____

**Parent/Guardian Signature if Participant is under 18 _____