

Waiver & Informed Consent / User Agreement *2014-2015 Weight Room*



I would like to use the Fort Frances High School Weight Room. I am aware that using exercise and weight lifting equipment can be a dangerous activity involving many RISKS OF INJURY. I understand that the dangers and risks of working out with exercise and weight lifting equipment include, but are not limited to, death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and aspects of the muscular system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of participating in a workout with exercise and weight lifting equipment may result not only in serious injury, but in serious impairment of my future abilities to earn a living, engage in other business, social and recreational activities, and generally enjoyment of life.

Because of the dangers of working out with exercise and weight training equipment, I recognize the importance of following instructions regarding proper use of the equipment, appropriate training and other rules, etc., and to agree to obey such instructions. I also agree to complete all training before using the Weight Room facility.

In consideration of being presented the opportunity to use the Fort Frances High School Weight Room and in acknowledging that I am aware of and willing to assume the risks associated with use of exercise and weight lifting equipment, I hereby voluntarily agree to waive, hold harmless and indemnify the agents, officers and employees, including teachers, leaders, staff, and any other related persons of the Fort Frances High School from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my voluntary use of the weight training equipment and Fort Frances High School Weight Room. I understand the content of this document, and I execute this INFORMED CONSENT AND WAIVER OF CLAIM FORM of my own free will and accord.

I (and my parents or guardian, if I am a minor) will be financially responsible for the treatment, hospitalization and other medical care rendered to me in the event of my illness, injury or other emergent circumstance(s) in connection with the utilization of the Fort Frances High School Weight Room.

I also agree to the following FFHS Weight Room rules:

1. Appropriate clothing for physical activity must be worn and meet FFHS phys-ed standards. Closed toe shoes are required, no jewelry or loose hanging objects.
2. Must follow weight room hours. Hours will be provided to each user.
3. There is to be NO food or drink in the weight room, bottled water only.
4. Music volume is to be kept at a moderate level as we share a wall with Confederation College. Music must also adhere to the FFHS Code of Conduct (no profanity).
5. All equipment must be returned to its proper place. Do not leave weights on bars and always sanitize equipment after use with disinfectant wipes.
6. Report all equipment misuse/issues or damage to a weight room representative immediately.
7. There is to be absolutely no horseplay when you are in the weight room.
8. Only weight room members are permitted in weight room.
9. Always work with a spotter. Minimum of 2 people in the weight room at a time.
10. Always use weight clips on bars and keep hands off cables.
11. Do not lean weights or your body up against mirrors.
12. Do not throw or drop the weights- if you cannot control it- do not pick it up.
13. Use safety bars when using squat machine.

Failure to comply with the above rules can result in temporary or permanent suspension from the weight room with no refund.

Student Name: _____

Student Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____