

Vinton Parks & Recreation Department
Exercise & Weightlifting Form
*Use: High School age & older

Name _____

Address _____

Day Phone _____ Night Phone _____

Email _____

Birthdate _____ Grade _____

The Vinton Recreation Center has provided weights, exercise equipment, and a universal apparatus for your work out needs. It is highly recommended that everyone should attempt to bring a partner to exercise with when using the facility. If alone, use common sense and keep your maximum lower than usual. Please remember the following:

- Sign in each time you exercise.
- **Clean shoes** should be worn at all times.
- When lifting, control the weights at all times. Do not bang weights together.
- When you finish lifting break down all free weights and return pin to the office.
- Music & T.V. should be on at an acceptable volume level for all participants that are in the room.
- Turn off all equipment, TV, radio, etc. and return keys & pins to supervisor when you are finished.
- If you see a broken piece of equipment or something isn't working correctly, let the VPRD staff know right away.
- Disinfectant and towels to wipe off equipment before and after usage is provided. Use precautions for sanitary use.

I acknowledge there is a risk of accidental injury and hereby forever release, acquit and discharge the City of Vinton, their officers, directors, employees and/or affiliates from all liability for any and all damages suffered in this activity.

Signature _____ Date _____

_____ Date _____

If minor, signature of guardian required.