

FITNESS ROOM WAIVER

Name _____

Address _____

Cell Phone _____ Home Phone _____

Email _____

Birthdate _____ Grade (if applicable) _____

The Vinton Recreation Center has provided weights, bench-press, exercise equipment, and a universal weight machine. It is highly recommended that everyone has a partner to exercise with. If alone, please use common sense and keep your maximum lifting lower than usual.

FITNESS CENTER RULES:

- Sign in each time you exercise.
- **Must bring in a clean separate pair of shoes.** No open-toed shoes or boots.
- When lifting, control the weights at all times. Do not bang weights together.
- Music and televisions must be at an acceptable volume level for all participants that are in the room.
- If you see a broken piece of equipment or something isn't working correctly, notify the Recreation staff right away.
- Turn off all equipment, fans, music, and televisions when leaving.
- Use the provided disinfectant wipes and clean off all equipment after using.
- When you finish lifting, break down all free weights.
- ***EVERYONE WHO ENTERS THE FITNESS CENTER, MUST HAVE A SIGNED WAIVER!***
- AGE REQUIREMENTS to enter the fitness center:
 - 15+ yrs old: May work out alone.
 - 12-14 yrs old: Must have their legal guardian in fitness center.
 - 11 yrs old & younger: Are not allowed to work out. They may go in fitness center with legal guardian, however, not allowed on equipment.

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 (17 yrs old & younger), signature of legal guardian required.