

Exercise Room Student Use Agreement

St. Francis of Assisi Catholic Academy has been equipped with a weight training and exercise room for student use as part of their physical education program. To ensure student safety, the academy has developed rules and expectations for responsible use of the weight/exercise equipment.

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT.

Equipment Usage

- Students must complete a weight room orientation prior to using any of the exercise equipment.
- Students will wear clean indoor shoes inside the exercise room.
- Students will clean each station after use. Cleaning solution and cloths have been made available.
- Students will access the exercise room only when a supervisor is present.
- Students will treat all equipment with respect and report any malfunction or issue with the equipment to their supervisor.
- Students will use the equipment only after being given instruction and direction as to how to use the equipment and how much weight to load on the bar.
- When working with a loaded bar students will lock the bar using the collars provided.
- Students will use a spotter whenever lifting free weights inside the exercise room.
- Students will remove all plated weights from the bars and return them to a weight tree upon completion of exercise at a given station.
- Students will return all free weights to the rack in the appropriate location.
- Students will show respect and courtesy to others while inside the exercise room.
- Students will leave the exercise room looking the same as it did when they entered.

If you are uncertain about any of the rules outlined above, *please ask for further clarification*. Be prepared to be held accountable for your actions and the loss of privileges and/or other disciplinary action if these rules are violated.

Elements of Risk:

Educational activities, such as weight training and cardiovascular exercise involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes but is not limited to, examples of these types of injuries that may result from participating in weight training and/or cardiovascular activity:

- Muscle soreness/fatigue
- Broken Bones
- Sprains/Strains
- Bruises

The risk of sustaining these types of injuries results from the nature of the activity and can occur without fault of the student, the school board, its employees/agents, or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

The chance of any injury occurring can be reduced by carefully following instructions at all times while engaging in the activity.

If you choose to participate in weight training/cardiovascular activity in the exercise room, you must understand that you bear the responsibility for any injury that may occur.

Living Waters Catholic Regional Division No. 42 does not provide accidental death, disability, dismemberment, or medical expense insurance on behalf of the students participating in this activity.



Release of Liability Agreement

In consideration of St. Francis of Assisi Catholic Academy allowing my child to participate in events, activities, or travel, I acknowledge that I am aware of the possible RISKS, DANGERS, and HAZARDS as outlined above and I agree on behalf of my child;

-to ASSUME and ACCEPT all risks arising out of, associated with, or related to my child's participation.

- to WAIVE and RELEASE Living Waters Catholic Regional Division No. 42 and St. Francis of Assisi Catholic Academy from any and all liability for any loss, damage, injury, or expense that I or my child may suffer as a result of my child's participation.

- to IDEMNIFY and HOLD HARMLESS Living Waters Catholic Regional Division No. 42 and St. Francis of Assisi Catholic Academy from any and all liability for any damage to personal property or personal injury to any third party resulting from my child's participation.

- to IDEMNIFY and HOLD HARMLESS Living Waters Catholic Regional Division No. 42 and St. Francis of Assisi Catholic Academy from any and all claims, demands, actions, as well as any costs for any loss, injury, damage, or expenses whatsoever that may arise out of my child's participation.

Student Information

Student Full Name: _____

Student Address: _____

Home Phone Number: _____ Student Birthdate: _____

Alberta Health Care Number: _____

Family Doctor: _____ Phone Number: _____

Emergency Contact: _____ Phone Number: _____

Relationship to student: _____ Cell Number: _____

Alternate Contact: _____ Phone Number: _____

Relationship to student: _____ Cell Number: _____

Please list any health concerns (allergies, medications) _____

Acknowledgement

WE HAVE READ THE ABOVE AND UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

I, the undersigned parent or guardian of the participant, hereby authorize and give consent to the participant's involvement in activities in the exercise room, including any use of private, public, or divisional transport to and from activities or to the nearest suitable medical/hospital facility in the event that an emergency or other medical treatment is not available at the site and is deemed necessary. I hereby give consent to authorize such emergency or other medical treatment of the participant as may be deemed advisable in the event of an accident, injury, or illness during participation in activity in the exercise room.

I understand that this is a legal agreement that is binding upon me and my heirs, executors, administrators, successors, and assigns. I have read and understand the terms of this agreement and acknowledge that by signing this agreement voluntarily, I am agreeing to abide by its terms and I am waiving certain legal rights that my child or I may have.

Signature of Student: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

