

Hortonville Area School District

High School Fitness Center Form - for use with college students (Bring **ID** from college, and adults)

In order for you to use the Hortonville High School District Fitness Center, it is necessary for you to complete and sign this form.

(PLEASE PRINT CLEARLY)

Name _____ Phone number _____

Address _____

Emergency Contact _____ Relationship _____

Emergency Contact Phone _____ Email Address _____

In order to use the H.H.S. fitness center, you need to understand the risks as well as understand our expectations of your conduct while using District property.

Please read this form carefully before signing. Your signature indicates that you recognize and acknowledge that there are certain risks of physical injury relating to the normal use of fitness equipment, that you will act in a safe manner and try to protect yourself and others, and that you will take good care of District property.

- Normal use of fitness equipment may result in muscle, bone, or other areas health related concerns or damage depending on your physical condition, due to the exercises you attempt. Perform exercises that are appropriate to your physical and conditioned abilities.
- Inattentive behavior can result in injuries or blows from weights dropped or misplaced, or from any other pieces of weight or fitness equipment being used by you or others in the room.
- I understand that I must comply with the guidelines of the Fitness Center and other rules of conduct established by the school district while participating in these activities. I acknowledge receiving a copy of the guidelines for the Fitness Center.
- I understand that I must comply with the direction of the supervisor of the Fitness Center. I understand that if I do not understand or know how to use a piece of equipment that I should ask for direction before use.
- I understand that I am responsible for my own safety. Continued use of the fitness center is dependent upon my actions and I understand that if I act in an unsafe manner to myself or others, or if I am disrespectful, or not a good steward of the equipment, that my use of the facilities may be revoked by the District for a period of time to be determined by the District.

Signature _____ Date _____

Polar Bear Weight Room

Expectations

- 1. Safety First- Always have a spotter!**
- 2. Practice perfect form and techniques.**
- 3. Be aware of your surroundings. No Horseplay!**
- 4. Before you execute a lift, ensure all of the weight plates are secured.**
- 5. Keep the weight room clean and disinfected.**
- 6. Report all injuries.**
- 7. Warm up before you move on to heavier weights.**
- 8. Put your equipment back in its place.**
- 9. Stop exercising if you feel dizzy or like fainting.
When in doubt, ask for help.**

Go Polar Bears!!

Sincerely,

HASD Fitness Center Staff

Signature

Date