



WEIGHT AND FITNESS ROOM: Inherent Risk Consent Form

To be included in student-athlete's registration packet.

The Inherent Risk Consent Form should be read and signed by all student athletes and students taking weight lifting/conditioning I and II, certifying that they have read the document, understand its content, and agree to its terms before using the weight and/or fitness room and kept by the classroom teacher or athletic directors.

This school strives to protect each student from possible injury while engaging in school activities. The rules and information provided below have been established for this activity and in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk.

Supervisors should ensure that all weight and fitness room rules are followed. The District has the right to revoke permission for this activity at any times, especially for violation of safety rules and school rules. Students or supervisors have no permission or authority to allow any other individual the use of the equipment.

- Weight training needs to be focused and serious. No horseplay at any time.
- Wear proper lifting clothes (and appropriate safety equipment)
- Shoes **MUST** be worn at all times (NO sandals or open-toe shoes)
- Use only equipment you have been instructed or allowed to operate
- Do NOT slam the weights on the weight machines
- Use partner/spotter at all times when using free weights. Stop and report absent lifting partner immediately.
* Certain machines may require more than one spotter – see District approved supervisor. *
- Use weight belt on ALL overhead lifts and squats
- NEVER lift weights without supervisor present in the room
- Return all weights and equipment to their correct weight racks and/or weight trees
- Lift weights in accordance with instructions given by your supervisor
- Notify instructor of all maximum lift attempts
- No food, drink or gum in the weight room (water is OK)
- Use collars on barbells and properly use safety pins on machines
- Immediately report all accidents, injuries, hazards, and equipment failures to your supervisor
- Advise your supervisor if you are ill or have any prolonged symptoms of illness
- Individual schools may have additional rules/requirements. These weight room rules are intended to be the minimum requirements for all Seattle School District weight rooms.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the weight training program.

I am aware that weight training is a **HIGH-RISK ACTIVITY** and that practicing or competing in weight training will be dangerous and unpredictable activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in weight training include, by are not limited to, death, serious neck and spinal injuries, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal 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 practicing or competing in weight training may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of weight training, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.


I have read the above warning and release and understand its terms. I understand that weight training is a **HIGH-RISK ACTIVITY** involving many **RISKS OF INJURY**, including but not limited to those risks outlined above.

In consideration of the Seattle School District permitting my student to participate in weight training activities including practicing or competing, I hereby assume all the risks normally associated with weight training and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in anyway received on account of or while engaged in any athletic activity sponsored by the district, except if caused by the sole negligence of the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible or the payment of any bills rendered for medical services as a result of such accidents or injuries. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity and any injury.

By signing below, I certify that I have read the above, understand its content, and agree to its terms.

Athlete's Signature Date: _____

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Guardian's Signature Date: _____