



## **Fitness Center General Rules/Waiver and Release Form**

The Oratory Preparatory School Fitness Center is an excellent facility provided for the health and wellness benefit of faculty, staff, students, administration and school alumni. We ask that all participants using the center follow the guidelines and procedures below for the safety of all participants, to maintain the equipment, and assure cleanliness of the facility.

### **General Rules for Fitness Center Use**

Participants are asked to adhere to the following guidelines:

- Participants must report emergency situations to the fitness center supervisor.
- Please show respect for the equipment, facility and towards others using the center.
- Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.
- No horseplay or loud offensive language will be tolerated.
- Use a spotter when lifting heavy weights and please do not drop or throw the weights. Keep hands and loose clothes away from weight stacks, cables and pulleys.
- To assure that all participants are able to use the machines, please limit use of cardio machines to 30 minutes when others are waiting. Proper attire is required at all times: Shirts and athletic shoes must be worn. No sandals, open-toed shoes or bare feet.
- Plastic water bottles are allowed. All other drinks, food and glass containers are not allowed.
- The use of photographic equipment to take pictures of any person in the fitness center is prohibited without consent.
- Please wipe off equipment after use with the sanitizer(s) provided. Please pick up trash, towels and personal belongings before leaving. Try to leave the center in better condition than when you arrived.
- Consult your physician prior to beginning an exercise program.

### **Waiver and Release (Must be completed and on file prior to using the Fitness Center)**

I, the undersigned, have read and understand the General Rules for Fitness Center Use. I acknowledge a full understanding of the inherent dangers and risks associated with the use of this facility and/or any wellness activity occurring therein.

I acknowledge that participation in this facility is strictly voluntary and has not been requested or required by Oratory Preparatory School.

I acknowledge that it is strongly recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising. I also understand that injury or death may result if equipment is not used properly.

I understand that in the event of accident or injury, personal judgement may be required by Oratory Preparatory School employees, agents, representatives, etc. regarding what actions should be taken on my behalf. Nevertheless, I acknowledge that Oratory Preparatory School and/or Oratory Preparatory School employees may not legally owe me a duty to take action on my behalf. I also understand that it is my responsibility to secure personal health insurance in advance, if desired.

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any fitness/wellness facility activity. I acknowledge that I have either had a physical examination and have been given a physician's permission to participate in these activities, or I have decided to participate in these activities without the approval of my physician.

I understand that the activities, facilities, programs and services offered by Oratory Preparatory School may sometimes be conducted by persons who may not be knowledgeable, licensed, certified or registered instructors or professionals. I accept the fact that the skills and competencies of some Oratory Preparatory School employees, agents, representatives, etc. will vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental or physical disease or condition by those who are not duly licensed, certified or registered and employed to provide such professional services.

In consideration for being permitted to participate in this program, and because I assume all risks involved, I hereby agree that I am responsible for any resulting personal injury, damage or loss of my property which may occur as a result of my participation or arising out of my participation in the Fitness Center or any fitness/wellness activity activity occurring therein.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless Oratory Preparatory School, its officers, officials, agents, students, and/or employees ("Releasees") from any and all claims, demands, damages, rights of action or causes of actions, present or future, arising out of my use or occupancy of the Fitness Center or any fitness/wellness activity occurring therein, including any injuries arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law. I further state that I am at least eighteen (18) years of age and fully competent to sign this document; and that I execute this release for full, adequate, and complete consideration fully intending to be bound by the same.

**I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS CONSENT AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ORATORY PREPARATORY SCHOOL FOR ANY INJURY SUSTAINED.**

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**Printed** Participant's Name (First and Last)

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**Signature** of Participant

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Date