

YOUTH WAIVER FORM & FITNESS CENTER POLICY

Child's Name: _____

Child's DOB: ____/____/____ Child's Age: _____

Address: _____ Email Address: _____

Parent/Guardian Name (Printed): _____

Parent/Guardian (Signature): _____

Father Name: _____ Phone Number: _____

Mother: _____ Phone Number: _____

Emergency Contact Number, if different than above: _____

PLEASE READ CAREFULLY. THIS FORM MUST BE SIGNED BY A PARENT/LEGAL GUARDIAN FOR ANY PARTICIPANT UNDER THE AGE OF 16.

My child/dependent has my permission to use the Victoria Recreation Center Fitness Center and equipment and I agree to the following:

RELEASE of LIABILITY: I agree to allow the dependent child listed above to participate in the use of the Fitness Center and the Fitness Center's equipment at the Victoria Recreation Center. I acknowledge that Fitness Center use at the Victoria Recreation Center involve certain non-exclusive risks including death, serious neck, back and spinal injuries, brain damage and other serious injury to virtually all bones, joints, muscles, and internal organs. I agree on behalf of myself, and my dependent child listed above (collectively "us") to release the City, its elected officials, employees, and the Victoria Recreation Center staff harmless from any present and future claims for personal injury, death or property damage arising out of, or in any way connected with use of the Victoria Recreation Center and the Fitness Center facilities, equipment, or services by us. I further agree to indemnify and hold the City, its elected officials, employees, and the Victoria Parks and Recreation/Recreation Center staff harmless from and against any / all liability, injury, loss, expense, and cost (including reasonable attorneys' fees) arising out of, or in any way connected with use of the Victoria Recreation and the Fitness Center facilities equipment or services by us or my breach of this agreement. I further covenant and agree not to sue, attack, or prosecute the City, its elected officials, or the Parks and Recreation/Recreation Center staff. The releases, indemnifications and other provisions to this paragraph shall survive the termination of my membership and this waiver.

HOLD HARMLESS: It is my express intent that this release and hold harmless agreement shall bind the members of my family and spouse (if any), if I am alive, and my heirs assigned and personal representatives, if I am not alive, shall be deemed as a release, waiver, discharge, and covenant not to sue the Victoria Recreation Center, the city, or its staff. I hereby further agree that this waiver of liability and hold harmless agreement shall be construed in accordance with the laws of the state of Minnesota.

MEDICAL COSTS: I understand that Victoria Recreation Center, the City, and its staff will not be responsible for any medical costs associated with any injury my child may sustain.

RULES AND REGULATIONS: I further agree to become familiar with the rules and regulations of the Victoria Recreation Center concerning participant conduct and not to violate said rules of any directive or instruction made by the person or persons in charge of the Victoria Recreation Center.

INFORMED AGREEMENT: I have reviewed this Agreement and am aware of the risks involved in participating in the use of the Victoria Recreation Center and the possible injuries that may occur. In signing this release, I represent that I understand this Agreement and sign voluntarily as an act of my own free will. I am at least eighteen (18) years of age and fully competent to execute this Agreement. Also, I understand that all rules and regulations for the Victoria Recreation Center will be enforced and any violation by my child may result in a call to me with a possible request to come and pick up my child.

FITNESS CENTER USE ETIQUETTE

- Wipe down equipment when done.
- Put weights/equipment away when finished, this includes removing plates.
- Stay off your phone. Do not text in between sets while resting on equipment. If you need to take a call, please do so outside of the Fitness Center.
- Do not drop or throw your weights (unless on the platform).
- Respect the shared space and do not monopolize the equipment. Keep moving and let people work in between sets – no resting on equipment. Avoid congregating or move outside.
- Keep the noise level down and no cursing.

I _____ have read the above policies and understand that I may be asked to leave the premises if I am not following the above rules. I also understand that if I am asked to leave the building, I forfeit any monies paid and will not be refunded.

YOUTH FITNESS CENTER USE POLICY

Youth Members are allowed to use the Fitness Center at the Victoria Recreation Center under the following conditions:

Ages 12 & 13

- A signed Youth Waiver Form is on file.
- They have a parent or guardian aged 18 or over with them while they are in the Fitness Center.
- Fitness Center etiquette must be abided by while using the facility.

Ages 14 & 15

- A signed Youth Waiver Form is on file AND
- A completed and signed Fitness Center Equipment Orientation* by one of the below instructors is on file **OR** they may work out with an adult over the age of 18.

*Fitness Center Equipment Orientation – Thirty minutes (\$30 paid to the trainer) with one of our Certified Fitness Instructors listed below and will include the following:

- Overview of the Victoria Recreation Center
- Proper equipment use
- Fitness Center etiquette, rules, and regulations

Certified Instructors:

- Kaari Hilgert: (612) 961-3214 or kaarihilgert@hotmail.com
- Shirley Groskreutz: (952) 368-4628 or sgroskreutz@comcast.net

Youth Member Name: _____

Date of Certification: _____ Membership Number: _____

Name of Instructor: _____

Signature of Instructor: _____