



Chemehuevi Community Center

1978 Valley Mesa Havasu Lake, CA 92363

Weight Room Consent Waiver

I ACKNOWLEDGE that the Chemehuevi Community Center does not assume responsibility for any injury or the results during the use of the workout facility. In the event of an injury, I assume financial responsibility for all emergency medical services rendered. I release the Chemehuevi Community Center from any liability in the event of injury to myself or my child while participating in the workout facility.

I AGREE TO THE WEIGHT ROOM RULES:

- All participants must sign in – youth **MUST** check in with staff when using facility.
- No food, glass bottles, or cans – water only.
- Must wear proper workout attire & athletic shoes—no sandals!
- All equipment is first come, first served – During peak times, there is a 30-minute limit on cardio equipment and limited sets on weight machines.
- Dropping or slamming weights is prohibited.
- **NO HORSEPLAY**: loud, offensive language or spitting.
- Must sanitize equipment and put away all weights after using them.
- Immediately report any accidents, injuries, and equipment failure to staff.
- When in doubt, seek proper instructions.
- Must have a spotter for the use of heavy free weights and equipment.
- Keep the weight room, bathroom, and showers clean after use.
- All participants shall be courteous to others in the facility.

I ACKNOWLEDGE that all participants must have a waiver on file, and an adult must accompany that youth to use the weight room unless they are 16 years old and have a signed Weight Room Consent Waiver and Youth Contact Form on file.

CORONAVIRUS/COVID-19 ACKNOWLEDGEMENT

I UNDERSTAND the contagious nature of COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing and wearing face coverings.

I ACKNOWLEDGE that by seeking services from the Community Center Weight Room that I am increasing my risk of exposure to COVID-19 and other viruses and illnesses and that I must comply with procedures to reduce the spread of COVID-19 and other viruses and illnesses at Community Center facility; the Community Center cannot guarantee that I will not become exposed to or infected with Covid-19 or any other virus or illness while using Community Center facilities or equipment.

For my protection and the protection of others, before I head to the weight room, I will make sure that:

- I am not experiencing any symptoms of illness, including, but not limited to, cough, shortness of breath or difficulty breathing, fever, chills, shaking, muscle pain, headache, sore throat, or loss of taste or smell.
- You have not been exposed to anyone with a suspected and/or confirmed case of COVID-19 or any other contagious disease or illness in the last 14 days.
- You have not been diagnosed with COVID-19 or any other contagious disease or illness (unless I have also been cleared as non-contagious by public health authorities after being diagnosed).

AUTHORIZATION OF WEIGHT ROOM USE AND WAIVER OF LIABILITY

By signing, I hereby agree to the Weight Room Consent Waiver. This authorization will remain in effect until written notice of withdrawal is filed with the Chemehuevi Community Center.

Name (Print)

Signature

Date

YOUTH AUTHORIZATION OF WEIGHT ROOM USE AND WAIVER OF LIABILITY

By initialing, my child understands and is aware that the Community Center and Weight Room Rules will apply. Any misconduct will result as outlined in the Community Center Policy and Procedures Disciplinary and Corrective Action.

By initialing, I certify that my child is at least 16 years of age and authorize my child to utilize the weight room facility without parental supervision. I understand that the weight room is under minimal supervision.

By signing, I hereby agree to the Weight Room Consent Waiver. This authorization will remain in effect until written notice of withdrawal is filed with the Chemehuevi Community Center.

Youth Name (Print)

Age

Youth Signature

Date

Parent Signature

Date