



PARENTAL CONSENT FORM FOR FACILITY USE

I, [please print] _____ (**The Guardian**) give my consent
for [please print] _____ (referred to as **The Member**)
to use the facilities at Lightweight Gym **AFTER** its **BUSINESS CLOSING HOURS**.

I hereby understand and acknowledge that the training, programs and events held by Lightweight Gym *may* expose **The Member** too many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, slips, trips, falls, contact with other participants, high heat and/or humidity conditions, handling heavy weights and/or resistances, hazards both identifiable and those unknowingly created whether through **The Members** own actions or the patrons surrounding **The Member**, and all other such risks being known and appreciated by **The Member**.

After having read this waiver and knowing these facts, and in consideration of acceptance of **The Members** participation at Lightweight Gym, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** Lightweight Gym, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of **The Members** participation in the Lightweight facility, my training and/or events **AFTER & OUTSIDE REGULAR BUSINESS HOURS**.

With my signature provided below, I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Signature [of The Guardian]:

Date:

X _____ X _____