

**PARTICIPANT NAME**

**DATE RECEIVED**

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## **Ellig Center for Health and Wellness Guidelines/Waiver and Release Form (September 2010)**

The Ellig Center for Health and Wellness invites members of the Oak Grove community fourteen (14) and older to use the fitness center during supervised hours by volunteers. Students younger than fourteen (14) years of age may use the Ellig Center if accompanied by a parent or if they are carrying written permission from the parent acknowledging the adult supervisor who is responsible for their child. The Ellig Center is an excellent facility provided for the health and wellness benefit of Oak Grove students and families. We ask that all participants using the Ellig Center follow the guidelines and procedures below for the safety of participants, to maintain the equipment and to assure cleanliness of the facility. We appreciate the commitment of volunteers who have agreed to staff the Ellig Center for Health and Wellness.

**VOLUNTEER SUPERVISORS OF THE ELLIG CENTER FOR HEALTH AND WELLNESS ARE USUALLY PARENTS WHO ARE NOT SPECIFICALLY EDUCATED IN FITNESS TRAINING OR IN MEDICAL EMERGENCY PROCEDURES. THEREFORE, YOU ARE USING THIS FACILITY AT YOUR OWN RISK.**

### **Ellig Center Guidelines**

Only adults and minors 14 years of age and older are allowed in the fitness center without an accompanying parent or another adult. Students under age 14 may use the Center when accompanied by a parent or if they bring written permission identifying the adult who will assume responsibility for the student.

Prior to participation, the Ellig Center for Health and Wellness Policy/Release and Waiver form must be completed and on file with the Assistant Athletic Director, Sarah Mevold. The form is found on the Oak Grove website at [www.oakgrovelutheran.com/elligcenter/](http://www.oakgrovelutheran.com/elligcenter/).

Volunteers (19 years and older) will be present to open and close the facility and supervise students in the Ellig Center during scheduled hours each week. The schedule of these hours is located on the Oak Grove website at [www.oakgrovelutheran.com/elligcenter/](http://www.oakgrovelutheran.com/elligcenter/). Participants are not allowed in the Ellig Center without a supervisor present.

Participants must sign in each time you use the fitness center. Supervisors will keep a record of any injuries or malfunctions of the equipment and report them to Assistant Athletic Director Sarah Mevold and Principal Beverly Bjertness.

Please show respect for the equipment, facilities and toward others using the facility, at all times. Do not move or rearrange the equipment and/or exercise machines. No horseplay or loud offensive language will be tolerated.

Because the Center is supervised by volunteers, please do not use equipment unless you are knowledgeable about how to use it. Use a spotter when lifting heavy weights and please do not drop or throw 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-toe shoes or bare feet.

Plastic water bottles are allowed. All other drinks, food, and glass containers are not allowed.

Please respect the listening/viewing pleasure of others by coming to a consensus on the noise levels and channel settings. No loud music or television with profanity or obscenity will be tolerated.

The use of photographic equipment to take pictures of any person in the fitness center without that person's permission is prohibited. The prohibition includes all cell phones with built-in camera phones.

Please wipe off equipment after use with sanitizer and paper toweling. Please pick up trash, towels, and personal belongings before leaving. Try to leave the Wellness Center in better condition than when you arrived.

## Waiver and Release

(Must be completed and on file prior to using the Ellig Center for Health and Wellness)

I have read and understand the Ellig Center for Health and Wellness policy and General Fitness Room Guidelines. I acknowledge a full understanding of the inherent dangers and risks and I **waive** all claims against and **release** Oak Grove Lutheran School and any and all of its employees and volunteers from liability for any loss or injury sustained by me as a result of my use of these facilities and equipment.

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

I have been provided an opportunity to review instructions for the proper usage of all the equipment in the facility. I agree not to use any equipment unless I am familiar with its proper use. I agree to inspect all equipment I intend to use prior to each use and to notify Oak Grove (Sarah Mevold) of equipment in need of repair and that I am **releasing** Oak Grove Lutheran School from liability for the consequences of my use of the facility and equipment.

I agree to follow all guidelines set forth in this document and as updated in the fitness center and I acknowledge that any violation of the guidelines may result in this privilege being withdrawn.

### Required SIGNATURES

Name of Participant (please print clearly): \_\_\_\_\_ Date \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

Name of Student's Parent (for all students under 19): \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent: \_\_\_\_\_

Please return completed form to Sarah Mevold, Oak Grove Lutheran School, 124 N Terrace, Fargo, North Dakota 58102