I, the undersigned, on my behalf, or, as applicable, as the parent or guardian of the undersigned student, hereby certify and agree as follows:

1. I am and will make myself aware of, and shall comply with, all Laurel School Butler Fitness Center (the “Fitness Center”) rules and regulations as in effect from time to time.

2. I am in good physical condition and do not know of any condition or reason that I should not participate in fitness activities.

3. I recognize that workouts in and around the Fitness Center may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, stretching, and other various fitness activities (collectively, the “Workouts”).

4. I understand that a medical examination to assure myself of physical fitness is recommended and that obtaining such an examination is solely my responsibility.

5. I understand that the Workouts and independent use of the Fitness Center may involve the risk of serious injury or death. I expressly assume all such risks.

6. In consideration of the right to participate in the Workouts and to independently use the facilities in and around the Fitness Center, I hereby forever waive, release, discharge, indemnify and hold harmless Laurel School, and its trustees, employees, faculty, staff, agents, supervisors, instructors and all individuals assisting with the Workouts from and against any and all claims, demands and causes of action that I or others may have, resulting from or connected with my participation in the Workouts or my independent use of the Fitness Center.

7. This Permission, Waiver and Release of Liability shall apply each and every time I engage in the Workouts or independent use of the Fitness Center without my execution of any form other than this one regardless of either the nature of the particular Workout or use or the rules and regulations of the Fitness Center as in effect from time to time.

Student Signature

Faculty/Staff Signature

Parent/Guardian Signature

Date: __________________________
Please follow the rules below to create a safe, productive and enjoyable workout environment for all users.

- A qualified supervisor must be present while facility is in use and his or her instructions must be followed.
- A Permission, Waiver and Release of Liability Form must be on file and orientation completed before use of the facility.
- Proper attire must be worn for workouts.
- Leave all bags and equipment outside facility.
- No cell phones allowed in the fitness room.
- Sign in before workout.
- Perform proper warm up and cool down.
- A spotter is required on free-weight equipment.
- Personal music devices only allowed on cardio equipment.
- 30 minutes is the maximum time on cardio equipment when others are waiting.
- Use caution when in facility. Pay attention to surroundings!
- Be courteous to others and share use of the equipment.
- Spray towel then wipe machines after use.
- Put weights and equipment away when finished.
- No food allowed in facility other than water and sports drinks.
- If you have questions, please ask a supervisor.
- Report all injuries to supervisor immediately.
- Stop exercising if you feel light headed or disoriented.