



East Dayton Christian School

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

2022-2023

**WEIGHT TRAINING & PHYSICAL CONDITIONING PROGRAM  
PERMISSION FORM**

**STUDENT AGREEMENT**

- I hereby apply for the privilege of participation in the Weight Training and Physical Conditioning Program. I have read the Weight Training and Physical Conditioning Program Rules and agree to abide by them.

**PARENTAL CONSENT**

- I/We hereby give our permission for the above named student to participate in the Weight Training and Physical Conditioning Program.
- I/We realize that participation in the Weight Training and Physical Conditioning Program involves the potential for injury even with the best instruction and equipment, and strict observance of rules. I/we acknowledge that I/we have read and understand this warning. Furthermore, I/we release EDCS from all liability for any injuries incurred by my/our child during or resulting from participation in the Weight Training and Physical Conditioning Program.
- In the event of an injury, I/we hereby give consent for the above named student to receive any necessary healthcare treatment that may be provided by the school nurse during the academic school day. I also understand no healthcare providers are on campus after 3PM.
- In the event of an injury - after reasonable attempts to contact me have been unsuccessful, I/we hereby give consent for the Weight Room supervisor to follow the instruction noted on the Emergency Medical Authorization Form.

**PARENTS/GUARDIANS:** All students are required to have a physical on file and copy of their EMA before participating in the Weight Training and Physical Conditioning Program. The weight room is restricted to high school students only.

**Student Information:**

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

**Parent/Guardian Information:**

Parent/Guardian Name \_\_\_\_\_

Parent Email \_\_\_\_\_ Parent Cell # \_\_\_\_\_



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## **WEIGHT TRAINING & PHYSICAL CONDITIONING PROGRAM RULES**

1. Students must have a current physical on file.
2. Students wait for the weight room supervisor outside of the weight room. Once he/she arrives, the locker room will be open for students.
3. Horseplay, abusive behavior, and foul and/or abusive language are prohibited.
4. No food or drink (other than water) allowed in the weight room.
5. All weights must be re-stacked when you are done with them.
6. Wipe down benches and equipment after use.
7. Use equipment only as it is intended.
8. If you are not sure about an exercise, ask the supervisor.
9. Always have a spotter.
10. Proper attire is required at all times. Appropriate footwear (athletic sneakers) must be worn. Boots, “slides” and open toed shoes are not permitted. Shirts must be worn at all times.
11. You are here to exercise, not to socialize. If you are done with your workout and you have a ride home, please leave.
12. *The weight room will be open Tuesday & Thursdays 3-4PM.*

Failure to abide by the above rules or any other EDCS rules and regulations may result in suspension and/or dismissal from the Weight Training and Physical Conditioning Program.

### **PARENT/GUARDIAN SIGNATURE & AUTHORIZATION**

I hereby authorize that I am the legal parent/guardian of the student named in this form. I further understand that there are assumed risks in using the equipment in the weight room and that my child will use the equipment responsibly.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

### **STUDENT AGREEMENT**

I have read the Weight Training and Physical Conditioning Program Rules and agree to abide by them.

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_