

Weight Room Contract & Release Form – HS Student Only

To the Student’s Parents or Legal Guardians:

The Northern Lebanon School District (“School District”) will make every effort possible to ensure the health, safety, and welfare of the participants in the Northern Lebanon Weight Room (“Weight Room”) located in the Northern Lebanon Secondary (345 School Drive Fredericksburg, PA 17026). Despite these efforts and the precautions taken, it must be anticipated that an emergency, sickness, or injury may affect students participating in the Weight Room.

By signing below, the Student and their parent/legal guardian voluntarily assume the risk of injury, accident, death, loss, cost, or damage to the Student’s person or property which might arise from the Student’s use of the Weight Room. The Student and their parent/legal guardian understand and acknowledge the risks arising from the use or misuse of the equipment and the conduct of others in the Weight Room. The Student and their parent/legal guardian understand that the School District has governmental immunity for negligent and reckless acts and omissions, unrelated to the maintenance of real property, that may occur in the Weight Room. In consideration of being permitted to use the Weight Room, the Student and parent/legal guardian agree that to whatever extent the School District is not immune from liability with respect to the Student’s use of the Weight Room, neither the School District nor any employee or appointee with the School District, party, organization or agency collaborating with the School District is or shall be responsible or liable for any negligent acts or omissions causing injury, loss, damage, deviation, delay, or curtailment, or the consequences thereof which may occur from using the Weight Room.

Participants will only be permitted to use the Weight Room facility when an approved member of the School District is present. Failure to follow the Weight Room Rules and Expectations and Code of Student Conduct may result in the termination of privileges. If a student is caught doing or saying anything in violation of the Weight Room Rules and Expectations, the student may be given a warning or asked to leave the Weight Room for the remainder of the day. If the student commits additional infractions, the repercussions will be determined in consideration of the severity of the infractions, and the following guidelines:

Parent(s)/Guardian(s) will be contacted if there are any infractions following a first infraction.

- First infraction – Warning
- Second infraction – Day suspension from the Weight Room (may include rest of current day plus additional day)
- Third infraction – Month suspension from the Weight Room (30 calendar days from date of incident)
- Fourth infraction – Suspended from the Weight Room for the remainder of school year

Actions that will not be tolerated in the Weight Room as identified by the Weight Room Rules and Expectations listed on the back include, but are not limited to: foul language, improper cell phone use, horse play, improper use or abuse of equipment, failure to return equipment properly, bullying, brimmed hats, improper attire, etc. All equipment must be returned to its designated storage area at the conclusion of its use.

Sign-in time for the weight room is 2:30 PM. All students participating in the Weight Room are expected to arrive and be signed in by 2:30 PM unless otherwise with a teacher or supervised by an adult. A pass is expected when arriving at the Weight Room after sign-in time. The Weight Room will open at 2:30 PM and remain open until 4:00 PM, with exceptions to be determined by the School District. Students are expected to remain in the Weight Room until the student leaves the School District for the day, the student obtains permission from the Weight Room supervisor to leave, or the Weight Room closes. Students should remain in the lobby until their bus or ride arrives, unless the student obtains permission from the Weight Room supervisor to go elsewhere within the School District.

I have read the above paragraphs and agree to the terms, conditions, and release for use of the Weight Room set by the School District. Failure to abide by this contract will result in the repercussions listed above.

(Date)

(Student Signature)

(Student Print Name)

(Date)

(Signature of legal Guardian)

(Student Grade)

Weight Room Rules and Expectations:

1. Anyone participating in the program is expected to be present in the weight room during the time it is open (2:30 PM – 4:00 PM or closing time).
2. Participants are not permitted to sign in and then leave the weight room to go to other areas without permission from a weight room supervisor.
3. Participants must sign in and sign out at their time of arrival and departure, and if coming late must have a pass from the previous supervising adult.
4. No horse play is permitted while in the weight room.
5. No brimmed hats are permitted to be worn in the weight room.
6. No food or drink (other than water in a sealable container) is permitted in the weight room.
7. No use of inappropriate language in the weight room will be tolerated.
8. If a participant does not understand how to properly use a piece of equipment in the weight room, they must ask a supervisor for assistance before using it.
9. No misuse or abuse of any equipment will be tolerated.
10. Participants must clean all plates from equipment when they have completed use of that piece of equipment and return equipment to the proper designated area.
11. All plates must be returned to their proper place on the weight trees or racks.
12. Proper attire for the weight room is required and must comply with the school dress code. Improper attire includes, but is not limited to, articles that are too restrictive or revealing (jeans, khakis, tank tops, etc.).
13. Proper footwear must always be worn (no bare feet, sandals, crocs, flip-flops, etc.).
14. Phones must be kept away as a safety precaution while in the weight room.

The purpose of the weight room is to promote fitness and provide opportunities for our students/athletes to train in a safe and supervised environment. In addition, the weight room is a privilege and not a given right or expectation and should be treated as such.

Failure to follow instructions by any supervisor could result in the infractions listed on the front sheet.