

WEIGHT ROOM PARTICIPANT

Agreement Form

I, the undersigned participant, in consideration of the North-Linn School District's sponsorship of the weight room voluntarily make the following agreement and release.

- **Assumption of risk:** I am aware of, and voluntarily assume, the risks inherent in this activity and I understand that my participation could result in injury to myself. I believe that I am in good physical health and I know of no physical or emotional reasons why I cannot safely participate in the weight lifting program. I promise to abide by all the rules and regulations of the North-Linn School District and will obey the instructions and directives of its supervisors and/or employees. I understand that I should not be utilizing the weight room without an approved supervisor. Further, I understand that under no circumstance should I be using the weight room alone.
- **Release of Liability:** I/We hereby release and waive all claims arising out of my participation in any/all weight room activities, whether for bodily injury, property loss, or otherwise, which I may ever have against the North-Linn School District and its directors, officers, employees, agents, and insurers.
- **Indemnity:** I further promise to indemnify and hold harmless the North-Linn School District and all persons associated with, all claims, demands, and actions, including expenses, court costs, and attorneys fees arising from injuries or damages to persons or property which is caused by or alleged to be caused by my participation in the weight room.

THE SIGNING OF THIS AGREEMENT COVERS ALL THE ACTIVITIES IN THE WEIGHT ROOM THAT I/MY CHILD PARTICIPATE IN DURING THE CURRENT SHOOOL YEAR.

Signature of Participant

Date

Revised/Updated: 8/14