



Glenwood City Community Education

Weight Room Participation Registration

WEIGHT ROOM HOURS: The school is open for registered weight room participants from 6:00am -7:30am and 3:30pm – 9:30pm when school is in session, and 7:30 – 4:30 during the summer. Hours may be changed without notice to accommodate sporting events and after school activities.

APPROVAL OF USE and RULES: Weight room participants must watch a safety video which is 24 minutes in length. The video is available in the High School/Middle School office. Once you have watched the video and turned in the Liability Waiver you will be added to a list of approved weight room participants. We ask that you follow the weight room rules posted in the weight room. **Please note for safety reasons, adult participants must work out with one other person - minimum of two people.**

SIGNING IN/OUT and ACCESS: Weight room participants will be provided with a key fob that can only access the weight room door. Weight room participants will have access to the weight room when the school is unlocked and open to the public.

Participant Liability Waiver and Hold Harmless Agreement

Please read this waiver carefully and be aware that by registering for and participating in this program, you will be waiving your rights to all claims for injuries you might sustain arising out of this program and you will be required to indemnify, hold harmless, and defend the Glenwood City School District for any claims arising out of participation in said program.

RISK OF INJURY: “As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with this program.”

WAIVER OF INJURY CLAIMS: “I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the program.”

RELEASE FROM LIABILITY: “I do hereby fully release and discharge the Glenwood City School District and its officers, agents, and employees from any and all claims from, injuries, including death, damage or loss which may have or which may occur on account of participation in the program.”

INDEMNITY AND DEFENSE: “I further agree to indemnify, hold harmless and defend the Glenwood City School District and its officers, agents, and employees from any and all claims from injuries, including death, dammate4s and losses sustained by me or and arising out of, connected with, or in any way associated with the activities of the program.”

In the event of any emergency, I authorize the Glenwood City School District to secure from any licensed hospital, physician, and /or medical personnel and treatment deemed reasonable and necessary and agree that I will be responsible for payment of any and all medical services rendered.

I have watched the WEIGHT ROOM SAFETY VIDEO and I have read and fully understand and agree to the weight room rules and the Participant’s Liability Waiver and Hold Harmless Agreement.

Signature _____ Date _____

Name _____

Address _____ City _____ St _____ Zip _____

Primary Phone _____ Other _____

Emergency Contact _____ Relationship _____

Phone of Emergency Contact _____ Other _____

To make arrangements to watch SAFETY VIDEO or have any questions please email

Nicole Brite at britenic@gcsd.k12.wi.us or call 715-265-7120