

# Weights Room Permission Form



ALL USE OF THE WEIGHTS ROOM WILL BE AT THE DISCRETION OF THE RESIDENTIAL MANAGER

All students must comply with the following guidelines while using the weights room at the College

### **Weights room rules**

- All participants require written consent from their parent/guardian before using the weights room.
- Participants will undergo an induction before using the weights room and must demonstrate an understanding and competence in the use of the equipment, along with a willingness to adhere to all instructions that may be given.
- All students must use the gym equipment in a safe and responsible manner at all times.
- A minimum of one staff member OR student councillor must be present at all times.
- No food, boots or drinks allowed in the weights room (water bottle excepted).
- Appropriate clothing and footwear must be worn in the weights room.

### **Weights room management**

- It is the responsibility of the students to return all equipment correctly at the end of their session.
- Students must report failed equipment immediately to a residential supervisor.
- Students must be aware of and take action against safety hazards in the weights room area.
- Students should bring a towel and wipe down equipment after use where required.

### **Other**

- During the week the session times may vary according to supervisor availability.
- Session times may be changed to allow students maximum usage of the weights room.
- Weights membership can begin anytime throughout the year with parent / guardian permission.
- Loss of good standing may result in temporary suspension from the weights room.
- Any accidents or injuries must be reported to a residential supervisor immediately.

I give permission for my son/daughter to utilise the college weights room

Parent/Guardian Name:	
Parent/Guardian Signature:	Date:

I have read, understood and agree to the conditions relating to use of the weights room.

Student name:	
Student signature:	Date: