

SONJU FITNESS CENTER WAIVER FORM

THIS IS A LEGAL DOCUMENT - READ IT CAREFULLY

RULES FOR SONJU FITNESS CENTER USE

- Facilities and equipment are only available when the Sonju Sports Complex is open and SSC Staff Member is at the check in window
- Participants must sign-in outside of fitness center before entering
- A waiver must be signed by each adult participant and by a parent or guardian of any minor prior to using the Fitness Center
- **THERE IS NO SUBSTITUTE FOR ADEQUATE SUPERVISION.**
- Guests 12-16 years of age must be accompanied to the Fitness Center by a parent or guardian (an adult who is responsible for the children and their behavior.)
- Staff Members 15-16 whose parent is not present must have explicit written consent from a parent before being allowed to enter without an adult
- Children 11 years old and younger are not permitted inside the Fitness Center
- When using free weights, there must be a spotter available (regardless of age) to assist/check
- Handle weights and all equipment with care. Replace after use.
- Use the equipment for its intended purpose and follow the instructions provided, including weight limitations
- Never load the equipment with additional weights other than as pre-stacked by the manufacturer
- When using any automated equipment (e.g. treadmill) make sure the equipment has come to a complete stop before stepping on or getting off
- You must sanitize equipment after each use
- Recreation Monitor is required to allow Fitness Center entry. Please wait for Rec Monitor to open facilities/rooms.
- Space is limited to 16 people in the gym at one time
- No food allowed in Fitness Center
- **Access to SSC is by permission and invitation. Rec Monitor or other staff members may limit or refuse access to the SSC at any time and for any reason. Guests or staff may be asked to leave at any time.**
- Please report all injuries/incidents and/or any hazards to Rec Monitor
- If you begin to experience sickness, lightheadedness, or dizziness please alert the Rec Monitor immediately.
- Only use this facility during posted hours of operation.

Do not use the Fitness Center equipment under the influence of alcohol, illegal drugs, or performance enhancing drugs. Drugs and alcohol are not permitted on CAMP-of-the-WOODS property.

RELEASE OF LIABILITY

NO CAMP-OF-THE-WOODS SUPERVISORY STAFF: I acknowledge that there may not be any CAMP-of-the-WOODS supervisory staff on duty in the Sonju Sports Complex (SSC) Fitness Center, and that the unsupervised use of the equipment by adults and children is considered dangerous.

VISUAL INSPECTION: Before any fitness equipment is to be used by me, or any minor children accompanying me, I will make a visual inspection of the equipment and area around the Fitness Center. If I find any potentially dangerous conditions, I will notify the Camp staff at the SSC window. Neither I, nor any minor children accompanying me, will use the equipment until I am satisfied that CAMP-of-the-WOODS Personnel have remedied the potentially dangerous condition, and the equipment has been confirmed to be safe to use.

FITNESS CENTER MEMBERS ASSUME ALL RISKS: On behalf of myself, and any minor children who accompany me, I hereby assume all risk associated with my/our use of the equipment and associated facilities in the SSC. I agree to supervise any minor children who accompany me, and I assume all risk of injury to them.

FITNESS CENTER RULES: I agree to comply with the rules for using the Fitness Center (set out below and as posted in the SSC) for all minor children and adults who accompany me. On behalf of myself, and any minor children who accompany me, I hereby release Gospel Volunteers, Inc., CAMP-of-the-WOODS, Sonju Sports Complex, its employees, owners, agents, successors, and assigns from any and all liability for any injury or death that may result from my use, or the use by minor children accompanying me, of the Sonju Sports Complex.

I further agree to indemnify and hold Gospel Volunteers, Inc., CAMP-of-the-WOODS, the Sonju Sports Complex, its

employees, owners, agents, successors, and assigns, harmless from any and all liability from my use, or the use by minor children accompanying me, of the Sonju Sports Complex.

The Sonju Fitness Center strives to provide a safe and comfortable environment for all guests. All guests must follow the following Dress Code (see below). Clothing that may be perceived as intimidating, immodest, revealing (including exposed midriff), or offensive, as well as clothing that may present a safety hazard or damage equipment, is not allowed. I agree to abide by the Dress Code while at CAMP-of-the-WOODS.

DRESS CODE: While at the SSC or on the CAMP-of-the-WOODS premises, you must dress appropriately and modestly. This includes, but is not limited to, the following:

- Appropriate shoes for the particular activity or floor surface (no loose shoe-laces)
- Appropriate clothing for the particular activity (shirts, shorts/pants/leggings, etc.)
- No immodest or revealing clothing (shirts must cover midriff, not be low-cut, no shorts shorter than fingertip length)
- Graphics or wording on clothing should not be violent, profane, or provocative and should align with the character of COTW.
- Use proper hand grips or protections, if needed for activities (e.g. weightlifting).

MEDICAL DISCLAIMER: I confirm that I, and any minors accompanying me, am in good physical condition and have no medical reason or impairment that might prevent I or any minors accompanying me from the intended use of the Sonju Fitness Center. I agree that if I/we have any health or medical concerns, I/we will discuss with my/our doctor before using the facilities.

LIABILITY FOR PROPERTY: CAMP-of-the-WOODS is not liable for any personal property that is damaged, lost, or stolen while in or around the Sonju Sports Complex premises including, but not limited to, a vehicle or its contents or any property that may be damaged or left in or near the gym. If I cause any damage to the Sonju Fitness Center facilities, I acknowledge that I am liable to CAMP-of-the-WOODS for its cost of repair or replacement.

SIGNATURE

I hereby acknowledge that I have read and understand the rules for using the Fitness Center, listed above, and agree to follow all the procedures and rules.

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ, UNDERSTAND AND AGREE TO THE ABOVE RULES AND PROCEDURES:

Printed Name _____ **Signature** _____ **Date** _____

If under 18 years of age:

I _____, the parent/legal guardian of _____ am fully aware that he/she will be engaging in physical exercise and that the use of exercise equipment could cause injury. I am voluntarily allowing him/her to participate in these activities and assume responsibility for any risk and/or injury that may result. I understand that he/she will conduct himself/herself in a responsible manner and treat the facility and staff in an appropriate manner.

Signature of Parent/Guardian

Printed Name of Parent/Guardian

Date