

**Forest Area Community Schools Fitness Center
Waiver, Release, and Assumption of Risks**

Forest Area Community Schools (the "District") operates a community and school fitness center, which includes exercise equipment and locker room facilities (the "Fitness Center").

I acknowledge that my use of the Fitness Center is purely voluntary and that the District recommends I consult with a physician before engaging in such use and other physical strenuous activity. I further acknowledge that exercising, weightlifting, and using the Fitness Center pose inherent risks including but not limited to bodily injury, illness, paralysis, and death. I agree to assume those risks and hereby waive any and all related claims against the District (and its board members, administrators, employees, volunteers, and agents).

In addition, I agree to forever indemnify, release, and hold harmless the District (and its board members, administrators, employees, volunteers, and agents) from and against all liability, loss, and damages, including attorney's fees, incurred by the District arising from or related to my use of the Fitness Center.

If I need medical treatment as a result of my use of the Fitness Center, I agree to be fully responsible for any costs resultant from such treatment.

It is understood and agreed that this waiver, release, and assumption of risks has been freely entered into and is to be binding on my heirs and assigns.

I HAVE READ, FULLY UNDERSTAND, AND AGREE TO THE ABOVE WAIVER, RELEASE, AND ASSUMPTION OF RISKS. BY SIGNING BELOW, I AM VOLUNTARILY WAIVING ANY CLAIM THAT I MAY HAVE AGAINST THE DISTRICT FOR ANY LIABILITY ARISING FROM OR RELATED TO MY USE OF THE FITNESS CENTER.

Printed Name of Participant

Date of Birth

Signature of Participant

Date

***Signature of Participant's Parent/Guardian if Participant is under age 18**