



Bryce Canyon City Fitness/Weight Lifting Facility

ACKNOWLEDGMENT OF RISKS, ASSUMPTION OF RIS AND RESPONSIBILITY, RELEASE OF LIABILITY AND INDEMNIFICATION

NOTICE: BEFORE BEING PERMITTED TO PARTICIPATE IN THE BRYCE CANYON CITY FITNESS/WEIGHT FACILITY, YOU MUST READ AND UNDERSTAND THIS AGREEMENT AND SIGN BELOW. NO MINOR UNDER THE AGE OF 18 YEARS WILL BE ALLOWED TO PARTICIPATE UNLESS THEIR NATURAL PARENT OR OTHER LEGAL GUARDIAN AGREES TO THE TERMS HEREIN AND SIGNS ON THE MINOR'S BEHALF.

WARNING: THE ACTIVITY OF FITNESS/ WEIGHT LIFTING TRAINING CAN BE DANGEROUS ACTIVITY INVOLVING SIGNIFICANT ELEMENTS OF RISK INCLUDING, BUT NOT LIMITED TO , SERIOUS BODILY INJURY, PERMANENT TRAUMA, PARALYSIS AND EVEN DEATH. BY SIGNING THIS ACKNOWLEDGMENT, THE LEGAL GUARDIAN RECOGNIZES THAT THE FACILITY IS NOT STAFFED OR SUPERVISED, AND THAT THEIR MINOR IS USING TEH FACILITY AT THEIR OWN RISK.

ACKNOWLEDGMENT OF RISKS: By signing this acknowledgment, I understand that the following describes some, but not all, of the ways in which I or the minor child of whom I have legal custody ("my Minor child" or "Ward") may be so injured: (1) injury to back, neck or other body parts due to incorrect lifting techniques; (2) improper use of the equipment; (3) playing around or on the equipment; (4) falling from or dropping certain equipment on their neck, toes, chest, or other parts of the body.

EXPRESS ASSUMPTION OF RISCK AND RESPONSIBILITY: (1) I am aware that this activity entails risks of injury, paralysis or death to myself and/or my Minor Child or WArD is physically and mentally capable of participating in the Fitness/Weight Lifting Facility. (2) I assume fully responsibility for the risks property damage and personal injury or accidents of every type and degree to myself and/or my Minor Child or Ward, including, but not limited to, sprains, torn muscles and/or ligaments, fractured or broken bones, eye damage, cuts, scrapes, contusions, concussions, paralysis, neck and/or spinal injuries, shock, and death, and any resulting expenses. (3) I and/or my Minor Child or Ward will not use or be under the influence of alcohol or intoxicating drugs while participating in the Fitness/Weight Lifting Facility. (4) I am eighteen (18) years of age or older and, if signing on behalf of my Minor Child or Ward.

AUTHORIZATION: I herby authorize any medical treatment deemed necessary in the event of any injury to me and/or my Minor Child or Ward while participating in the Fitness/Weight Lifting Facility. I either have appropriate insurance or, in its absence, agree to pay all costs or medical services as may be incurred on behalf of me and/or my Minor Child or Ward.

RELEASE AND INDEMNIFICATION: In consideration for my and/or my Minor Child or Ward being allowed to participate in the Fitness/Weight Lifting Facility, I, for myself and/or my Minor Child or Ward and our heirs, assigns and personal representatives, do hereby covenant not to sue and release:

BRYCE CANYON CITY, their principals, shareholders, directors, officers, agents, employees and volunteers (collectively called "Releases") from all liability and waive any claim for damage arising from any cause whatsoever, including Releases and negligence, regardless of whether such negligence is the partial or sole cause of any injury, damage or death, including property damage. I also agree to protect, indemnify and save Releases harmless from all claims, demands and causes of action of every kind and character, including, but not limited to, attorneys fees and other legal costs and expenses arising in my favor or in favor of my Minor Child or Ward, or in favor of our heirs, assigns, personal representatives and estates on account of any injuries or death, which I or my Minor Child or Ward may suffer.

I HAVE READ, UNDERSTAND, AND ACCEPT THE TERMS AND CONDITIONS STATED HERIN AND ACKNOWLEDGE THAT THIS AGREEMENT SHALL BE BINDING UPON MYSLEF AND/OR MY MINOR CHILD OR WARD AND OUR HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND ESTATES.

SEVERABILITY: If any provision of this agreement is found to be unenforceable by a court of competent jurisdiction or by an arbitrators or panel of arbitrators, all other provisions shall remain in full force and effect.

Name (printed) _____ **Signature** _____

Name(s) of Minor Child/Children I am also signing for

In Case of emergency, notify:

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

(Optional)

Insurance Company:

Telephone Number:

Insurance Policy No.: _____.

Bryce Canyon City Fire Department Gym Rules and Regulations

The gym is a unique environment in our world. People come here to improve their bodies and feel better about themselves. The rules and regulation of the gym are usually few and designed to ensure members safety, convenience and equipment care. You are probably familiar with the majority of them.

1. No smoking allowed in the building
2. Food or drinks are not allowed in the gym area (except water, protein shaker bottles)
3. No ball playing, running, screaming, or horsing around in the gym area
4. Participants must wear gym appropriate clothes and footwear for exercise. Soles must be clean and dry
5. Dropping weights on the floor can cause injury to yourself or others and can also damage the equipment itself. Please set it down as gently as you can
6. Place dumbbells back on the rack in the slots where they belong and always remove your weights from the machines unless the next person specifically asks you to leave them on.
7. To stop plates falling off the barbell always use a collar

Breaking these rules will lead to punishment:

1. Suspend 7 days from opportunity to exercise in the BCCFD's gym.
2. Permanently suspend!

