



FITNESS CENTER RULES AND RELEASE

Rules

The fitness equipment located at the Fitness Center (“Fitness Center”) belongs to the Seacrest Country Day School. **Members of the staff are allowed to use the Fitness Center as a courtesy and this use should not be considered a benefit of employment. Each user must read the Rules have a signed Release, for the current year, in order to use the Fitness Center.**

The User acknowledges that you:

- (1) will use the Fitness Center ONLY when there is another staff member present in the Gym/Fitness Center area AND they are aware you are in the Fitness Center using the equipment, in case you have an emergency;
- (2) are using the equipment at your own risk;
- (3) are physically able to use the equipment;
- (4) will wear sneakers and proper workout attire when using the exercise equipment;
- (5) know how to operate all the equipment you will be using and will be responsible for any damage to the equipment;
- (6) will clean the equipment after each use and return all equipment to original location;
- (7) have consulted with a physician prior to beginning an exercise program, and;
- (8) will immediately stop exercising if you feel ill, or experience any lightheadedness, nausea, chest pain, arm pain, shoulder discomfort or anything unusual.



FITNESS CENTER RULES AND RELEASE

Release

The undersigned, referred to as User, in visiting the Fitness Center or Gymnasium and using the facilities and equipment in it, does so at User's own risk.

- Seacrest Schools, Inc., d/b/a Seacrest Country Day School ("Seacrest") shall not be liable for any damages arising from personal injuries sustained by User in or about the Premises, regardless of whether User's personal injury is a result of a latent or patent defect in the facility or its equipment.
- Seacrest does not assume any responsibility for lost or stolen articles.
- User assumes full responsibility for any injuries or damages that may occur to User in or about the premises of the Fitness Center, and fully and forever releases and discharges Seacrest, its administrators, trustees, employees or agents, from any and all claims, demands, damages, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the User's use or intended use of the Fitness Center or the facilities and equipment of it.
- Seacrest has (and reserves) the right to revoke Fitness Center privileges for anyone (staff member, student, alumni, etc.) for failure to adhere to the rules stated on the other side of this document.

I have acknowledged and executed this release at Seacrest on _____, 20____.
Date

Signature

Print Name