

Dayspring Christian Academy

WEIGHT ROOM POLICY

I. PURPOSE

This policy outlines the safe and efficient use of the weight room and its equipment.

II. GENERAL STATEMENT OF POLICY

Dayspring students have first priority for the use of the weight room and equipment. Employees of Dayspring Christian Academy are permitted to use the weight room and equipment.

III. APPLICATION

This policy shall apply to all persons using the weight room.

IV. GENERAL USE OF WEIGHT ROOM

A. Only Dayspring Christian Academy personnel (i.e. coaches and physical education teachers) or individuals who have received prior approval from the athletic director may act as supervisors in the weight room. Supervisors must be knowledgeable in the use of the equipment.

B. At least one supervisor must be physically present in the weight room whenever students are using the facility.

C. No one, including weight room supervisors, is allowed to use the weight room alone.

D. Inexperienced students shall be given instruction prior to any weight room activity.

E. Use of the weight room outside regular school hours must be approved by the athletic director.

F. Non-student use of the weight room is at the user's own risk and the appropriate waiver must be signed and on file before usage is approved.

G. Equipment will be inspected by the athletic director regularly. Damaged or malfunctioning equipment should be reported to the athletic director. Damaged or malfunctioning equipment will be taken out of service until repaired or replaced.

V. DAYSPRING CHRISTIAN ACADEMY WEIGHT ROOM POLICIES

1. Only Dayspring Christian Academy Upper School students, Dayspring Christian Academy staff, and approved guests are permitted to use the weight room. All nonstudents must submit the Use of Weight Room Statement form and signed Weight Room Waiver and Release of all Claims before they can be approved for weight room access.

2. Spotters are required for all lifting activities, including warm-ups and cool-downs.

3. Free weights are to be moved from the racks to the bars only. They are never to be placed on the floor and left there. After each session, all the weight plates and apparatus must be put in their proper places.

4. Inappropriate behavior will not be tolerated; all patrons will exhibit respect for everyone in the weight room.

5. Persons who do not pick up after themselves, who are uncooperative, who do not follow policy, and/or who practice unsafe lifting, will lose their weight room privileges.

VI. DAYSPRING CHRISTIAN ACADEMY WEIGHT ROOM DRESS CODE POLICIES

1. FOOTWEAR: Clean athletic shoes should be worn at all times. Dress shoes, flipflops, sandals, open-toe, and deck shoes are not permitted. The only exception is a pair of hiking/work boots for those who prefer to do the squat exercise in them because of the raised heel. Shoe laces must be tied at all times to prevent slipping or tripping.

2. LOWER BODY WEAR: Participants are required to wear either workout shorts, warm-ups, or sweat pants. Blue jeans, dress pants, fatigues, cut-offs, and non-athletic dress shorts are not permitted.

3. UPPER BODY WEAR: T-shirts, sweat shirts, and warm-ups, are required. Shirts that have inappropriate logos on them will not be allowed. This includes but is not limited to items that advertise alcohol, drugs, or tobacco. It further includes celebrities, bands, racecar drivers, etc. that advertise such products. Clothing with pictures and/or slogans that infer, suggest, hint, imply an obscenity, or are offensive to any student, teacher, or employee will not be allowed.

4. JEWELRY: Loose or dangling jewelry may not be worn in the weight room.

Dayspring Christian Academy Use of Weight Room Statement

I _____ have read and understand the Dayspring Christian Academy Weight Room Policy. I agree to fully abide by all the provisions outlined in the policy and understand that failure to follow the provisions outlined in this policy could lead to losing the privilege of using the weight room. I understand that I must always lift with a spotter and must never be in the weight room alone.

Signature: _____ Date: _____

Fitness Room Waiver and Release of all Claims

WARNING OF RISK

The use of weight equipment can pose a substantial risk of injury. This includes, but is not limited to, the use of free weights. The exertion from use of weight equipment can itself result in medical emergencies. It is recommended that each person consult with a physician prior to beginning a fitness regime. Each person is responsible for determining the level of activity of which he/she is capable.

RELEASE FROM LIABILITY

In consideration of the use of the Dayspring Christian Academy Weight Room Facility and Equipment, and in recognition of the possible perils of the use of exercise facilities, the undersigned, for him/herself and his/hers, executors, administrators, and assigns, does hereby release Dayspring Christian Academy (DCA) from any liability, obligation, or responsibility for injuries sustained from the use of the Facility and Equipment therein, and waives and releases all claims and causes of action which the undersigned might have against DCA and its Directors, Officers, employees and volunteers and any others acting on their behalf, from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those acting on their behalf or in any way arising out of or connected with my participation in any of fitness training or the use of any Equipment at DCA. **(Parent Initial _____/Student Initial_____)**

I understand and am aware that strength, flexibility, and exercise, including the use of the Equipment, are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and I am voluntarily participating in these activities and using Equipment and machinery with knowledge of the dangers involved. I also recognize that on premises life-saving equipment may not be adequate in the event of a sudden medical emergency and that it may take substantial time for qualified First Responders to reach the Facility. I hereby agree to expressly assume and accept any and all risk of injury or death.

(Parent Initial _____/Student Initial_____)

I agree to pay attorney fees and litigation expenses incurred by any person natural or legal, whom I, or my heirs, executors, administrators, and assigns, may sue in any effort to challenge this Waiver and Release.

(Parent Initial _____/Student Initial_____)

I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries (including death), damages, or loss that I may sustain as a result of participating in any and all activities connected with or associated with a fitness program. I acknowledge that my use of the Facility and Equipment is not specifically supervised and I assume the risk of learning for myself the appropriate use of the Facility and Equipment. I do hereby fully release and discharge DCA and its officers, agents, employees, and volunteers from all claims resulting from injuries (including death), damages and losses sustained by me arising out of, connected with, or in any way associated with the activities of the fitness program. In any event of an emergency, I authorize DCA to secure from any licensed medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payments of any and all medical services rendered.

I have read and fully understand the content of this Weight Room Waiver and Release of All Claims document. I understand and acknowledge that my agreement to this Waiver and Release is a prerequisite to my use of the Facility, including Equipment, and I enter into it voluntarily in consideration of being allowed use of the Facility and Equipment.

Parent Name (printed) _____

Signature _____

Student Name (printed) _____

Signature _____

Date: _____

DCA Verification of Signature _____