

FITNESS CENTER—GYM
PARENTAL/GUARDIAN CONSENT and LIABILITY WAIVER¹

House Hold Number

MINOR—Age 10-14 YEARS—TRAINING, REGISTRATION, and USER CARD
29 MAR 16

Minor's Name:	Date of Birth:
Address:	
Legal Parent/Guardian:	Phone (H):
Legal Parent/Guardian:	Phone (W):

Parental/Guardian Consent and Liability Waiver

I, _____, give permission for my child, _____, to participate in weight and cardiovascular training within Commander, Navy Region Northwest (CNRNW) fitness areas.

I understand the cardiovascular equipment and weight machines in the fitness centers are not designed for children of any age; some children may have an increased risk of injury. I also understand that a possibility for injuries exists when prepubescent children use weight training equipment and that these injuries may have a permanent effect on their growth plates. I understand that any questions regarding my child's risk for injury should be directed to my family physician. I acknowledge that I possess adequate family medical and hospitalization insurance coverage for the child above. I understand that my child's access to certain fitness center and gym areas may vary and that local hours, rules, and restrictions apply. I agree that the child above—age 10-14 years old—will be under my direct supervision whenever the child uses CNRNW fitness centers or gym facilities.

In consideration of my child's permission to use CNRNW fitness centers and gym facilities, I, as legal guardian of the above named child, agree to release, waive, indemnify, exonerate, discharge, and hold harmless from any and all liability, claims, demands, and causes of action (including defense costs and attorney's fees) arising from the negligence or fault of the entities or persons released, for the death, disability, or personal injury of me or my child, property damage, property theft, or actions of any kind which may hereafter occur to me or my child, the following entities or persons: the Department of the Navy, to include all persons employed by CNRNW and the Morale, Welfare, and Recreation (MWR) program, their directors, officers, employees, military members, volunteers, representatives, and agents. This release applies whether or not any claim, demand, action, or suit is based on, or alleged to be based on, or in part, the negligent act or omission, or similar conduct of those parties are hereby released and indemnified. The undersigned does hereby assume all risks and hazards incident to, or attendant with, the above named child's use of CNRNW fitness centers and gym facilities. I understand and agree that this Liability Waiver shall be construed broadly to provide a waiver and release of liability to the maximum extent permissible under applicable law.

PARENT/GUARDIAN

Printed Name: _____

Signature: _____ **Date:** _____

Customer Service Representative Signature: _____ **Date:** _____

¹ The Privacy Act Statement is on the reverse side of this form.

PRIVACY ACT

AUTHORITY: 5 U.S.C. 301 Departmental Regulations and Executive Order 9397 (SSN).

PRINCIPAL PURPOSE: To request use of fitness center, gym, and equipment provided by Morale, Welfare, and Recreation (MWR) Department to MWR patrons who request permission for underage eligible patrons to obtain an agreement from MWR on the terms and conditions of use of fitness center, gym facilities, and equipment.

ROUTINE USES: Used by MWR personnel to determine eligibility waiver and to maintain points of contacts for the duration of the waiver.

DISCLOSURE: Voluntary. However, failure to complete the form may result in inability to obtain a waiver to use the facilities.

FITNESS CENTER AND GYM REGISTRATION PROCESS —MINOR—Age 10-14 YEARS

29 MAR 16

PARENT/GUARDIAN

1. Shows ID
2. Completes the *PARENTAL/GUARDIAN CONSENT and LIABILITY WAIVER*
3. Attends Fitness Center/Gym orientation with Minor
4. Signs the *FITNESS CENTER AND GYM YOUTH USER* card
5. Ensures Minor is under their direct supervision whenever Minor is in the facility ²

MINOR/YOUTH

1. Shows ID
2. Attends Fitness Center/Gym orientation with the Parent (parent or guardian)
3. Remains under the Parent's direct supervision within the facility
4. Carries the *FITNESS CENTER AND GYM YOUTH USER* card and presents it to Fitness Center /Gym employee(s) upon entry or demand

GYM EMPLOYEES

Ensure all of the following are accomplished, in order:

1. Parent shows ID
2. Minor/Youth shows ID
3. Parent/Guardian completes *Parental/Guardian Consent and Liability Waiver*
4. Gym Employee conducts Fitness Center/Gym orientation with the Parent and Youth, using a standardized, written check-list specific to the Fitness Center/Gym, which includes: ³
 - i. Rules
 - ii. Safety guidelines
 - iii. Proper use of equipment
 - iv. Fitness assessment opportunities
5. The Parent/Guardian and Gym Employee sign and date the orientation checklist
6. The Gym Employee completes the *FITNESS CENTER AND GYM YOUTH USER* card and gives the card to the eligible Youth Gym/Fitness Center user
7. The Parent/Guardian receives one copy of the *Parental/Guardian Consent and Liability Waiver* and Fitness Center/Gym orientation check-list
8. The Gym Employee files one copy of the *Parental/Guardian Consent and Liability Waiver* and Fitness Center/Gym orientation check-list

² CNICINST 1710.3 Chapter 8, page 8, (11)

³ CNICINST 1710.3 Chapter 8, page 12, (14)