



RULES AND REGULATIONS REGARDING USE OF EXERCISE EQUIPMENT AND PARTICIPATION IN EXERCISE ACTIVITIES/PROGRAMS

- All residents and children of residents using the Exercise Equipment and participate in Exercise Activities/Programs are required to have an Informed Consent and Waiver Form on file in the GHA office.
- Use of the Exercise Equipment and participation in Exercise Activities/Programs is restricted to residents. Guests are not permitted to use the equipment nor participate in Exercise Activities/Programs.
- Read and follow any instructions that may be posted with the exercise equipment.
- Adults must accompany children under the age of 16 AT ALL TIMES when using the Exercise Equipment.
- No gum chewing, food, or drinks (except water in closed, plastic containers) is allowed.
- Proper clothing is required—sweats, t-shirts, shorts, etc. No loose clothing that may get caught in equipment is allowed. Shirt required at all time. No jeans.
- Proper shoes are required at all times--athletic shoes, sneakers, etc. Sandals, flip flops, boots, and open-shoed shoes are prohibited.
- Back support or weight belts should be used if required by physician.
- Radios, tape players, and CD's are permitted only with the use of headphones.
- Users should wipe off exercise equipment after use.
- Use of facility is at your own risk.
- All users are required to pick up after themselves, discard trash, and remove any personal items.
- Users should report any damage or non-operability of the equipment or potentially hazardous conditions to the GHA office immediately.



Informed Consent and Waiver Form for the Use of Exercise Equipment/Participation in Exercise Activities and/or Programs

I agree to abide by Guthrie Housing Authority's rules and regulations for the Use of Exercise Equipment and for participation in Exercise Activities/Programs. I understand that violation of the rules and regulations will result in termination of my ability to use such equipment or my participation in any Exercise Activities/Programs.

I further agree that my participation in any activity with the Exercise Equipment or Exercise Activities/Participation is at my own risk and I assume full responsibility for my choices to use any equipment. I agree that I will use only exercise equipment that I am physically fit to operate and will use the equipment in a safe and proper manner. I have been advised that a medical examination or clearance from my doctor is recommended prior to engaging in any Exercise Activities/Programs and that I am financially responsible for that medical examination/clearance.

I further understand that my use of the exercise equipment is unsupervised and that any instructions I have received regarding the use of the exercise equipment has been given by GHA employees who are not licensed, certified, or registered fitness instructors or professionals.

I agree that I will not use the Exercise Equipment or participate in any Exercise Activities /Programs while under the influence of alcohol or other drugs or while experiencing any condition (medical, psychological, or chemical) that might impair my ability to make safe and sound judgments affecting my safety and the safety of others.

I therefore accept all responsibility and assume the risk of injury or damage to my person that may arise, whether directly or indirectly, as a result of my use of the Exercise Equipment or my participation in any Exercise Activities/Programs.

I hereby waive, release and forever discharge Guthrie Housing Authority, its Board of Commissioners, agents, employees, representatives, and all others from any and all responsibilities of liability from injuries, death, or damages resulting from my use of the Exercise Equipment and participation in Exercise Activities/Programs. I certify that I have read the contents of this Waiver and Consent Form and I fully understand its contents and realize that this is a release of all liability and agree to all terms and conditions.

Resident Name (PRINT): _____

Signature: _____ Date: _____

Address: _____

City, State, Zip: _____