

**FITNESS/WELLNESS CENTER EXHIBIT**

**RELEASE FORM**

I \_\_\_\_\_, understand and agree that in consideration of being granted access to and the use of facilities of the Plattsburgh City School District, I assume any and all risk with respect to such access and use, and hereby release the Plattsburgh City School, its responsibilities, agents, servants, and employees, from liability for any injuries sustained or damage incurred in the course of such access and use resulting from any cause whatsoever which may be sustained.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_  
(if necessary)

Adoption date: March 23, 2006

**FITNESS/WELLNESS CENTER EXHIBIT**

*Rules and Regulations*

- NO food or drinks in the Fitness Center. (Bottled Water OK)
- Wear proper clothing. (No jeans, belts, streets shoes or jewelry)
- You must be supervised to use this facility.
- Language and behavior must be appropriate.
- Use all equipment correctly. If you have questions, ask the supervising staff.
- Treat all Fitness Center users, staff and equipment with respect at all times.
- Return all plate weight, dumbbells and accessories to their storage racks after each use.
- Please wipe down all machines, benches and cardio equipment after each use.
- No backpacks or bookbags in the Fitness Center.

**NOTE**

**The above rules have been posted on a large sign board as you enter the Fitness/Wellness Center**

Adoption date: March 23, 2006