



## FITNESS PARENTAL PERMISSION SLIP

*Please read and review the following junior rules:*

**All individuals 17 and under must submit a parental permission slip signed by a parent or guardian.**

- **Children under the age of 8 are not permitted in Fitness Areas due to safety concerns.**
- Children 8-12 may use the Cardio room **only if directly supervised** by an adult. **They are not permitted in the Free-Weight room.**
- Juniors 13-15:
  - May use the *Cardio room and SportsArt Weight Machines* on their own only if instructed proper use prior by an adult or by a PRC Fitness Specialist.
  - May use *Free-Weight* room **only when directly supervised** by a parent or adult, over 18 years of age.
- Juniors 16-17:
  - May independently use all fitness areas after they have met the requirements and assuming they know proper use of equipment or go through an orientation session with a Fitness Specialist.

### **INFORMED CONSENT:**

I Hereby give my son/ daughter (print full name) \_\_\_\_\_ permission to use Pierpont Racquet Club's fitness facilities under the guidelines as set forth by the PRC.

I understand that there's potential long-term damage that can be caused to a young person from using exercise equipment. I understand the risks involved in exercising, using fitness equipment, and participating in a program. I realize that my son/daughter must comply with the rules and regulations as set forth by the fitness staff and by the PRC management.

I hereby hold PRC harmless for any injuries my son/daughter might incur in the fitness facility and for any injuries that might result from such use.

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Junior's Birthdate: \_\_\_\_\_

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PRC Staff Signature: \_\_\_\_\_ Fitness Orientation Date: \_\_\_\_\_