

Liberty Community Center
Family Fitness Center
Parental Consent Form

- I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, can be potentially hazardous activities. I also understand that fitness activities involve a risk of injury, and that I am allowing my child to voluntarily participate in these activities and use of equipment and machinery with knowledge of the dangers involved.
- The equipment in the family fitness center is for use by 7 and 8 year olds only when directly supervised by an adult age 19 and older and after the child has been given an equipment orientation.
- The equipment in the family fitness center is for use by youth ages 9 – 14 without parental supervision but only after the youth has been given an equipment orientation.
- It is the responsibility of each youth using the family fitness center to use the equipment as instructed in the equipment orientation.
- By my signature on this form I agree that my child is in acceptable physical condition to use the equipment in the family fitness center. Note: If there is any doubt whether or not your child is in acceptable physical condition, consult your physician.
- The Liberty Community Center staff is authorized to seek medical assistance, if needed, for any injury sustained by the minor.

By my signature on this form, I waive and release any and all rights to institute claim against the City of Liberty for any damages or injuries which are not a direct result of negligence on the part of the City, its agents or employees or any costs, resulting there from, in conjunction with my child's participation in the family fitness center.

Minor's Name (please print)

Minor's Date of Birth

Parent/Guardian Signature

Name of Parent/Guardian (please print)

Date Signed