



# LANESVILLE JR/SR HIGH SCHOOL



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## ATHLETIC DEPARTMENT

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### Cardio/Weight Room Policy

1. The main purpose of public school facilities is the education of school age children. With that in mind, it is understood that in all cases the regular school activities or organizations of the school shall have first preference in the use of any part of the school building. School facilities must be in complete daily readiness for their designated purpose of educating children in a safe environment.
2. The Cardio/Weight Room will be available before and after school, but NOT during regular school hours.
3. The facility is generally open to individuals who are residents of the Lanesville Community School Corporation District. School administration must annually approve all individuals using the Cardio/Weight Room prior to its use.
4. Persons, other than Lanesville School students and employees, desiring use of the Cardio/Weight Room will be required to submit a limited criminal history record to the school. The high school office can provide you with the necessary application or you may access it on the school's website. ([www.lanesville.k12.in.us](http://www.lanesville.k12.in.us)).
5. Persons will pay \$5 annually. A key to the outside door may be obtained (Only to be used by registered owner / Not to be duplicated).
6. Persons using the Cardio/Weight Room must sign the log-book noting the day and time for every visit.
7. Persons using the Cardio/Weight Room will abide by the following posted rules:

- WEAR PROPER WORKOUT ATTIRE - NO SANDALS
- NO FOOD, CHEWING GUM, GLASS BOTTLES OR CANS
- LOAD AND UNLOAD FREE WEIGHTS EVENLY AND CAREFULLY
- DO NOT DROP METAL WEIGHTS OR DUMBBELLS ON PLATFORMS OR FLOORS
- USE COLLARS ON BARBELLS AND PROPERLY USE SAFETY PINS ON MACHINES
- BUMPER PLATES MAY BE DROPPED ONLY ON PLATFORMS WITH CONTROL
- USE EQUIPMENT FOR ITS INTENDED USE - DO NOT MODIFY THE EQUIPMENT
- USE SPOTTERS AND/OR SAFETY RACKS
- PUT AWAY ALL WEIGHTS AFTER USING THEM AND WIPE DOWN UPHOLSTERY
- IMMEDIATELY REPORT ALL ACCIDENTS, INJURIES AND EQUIPMENT FAILURE TO STAFF

INFORMED CONSENT, WAIVER OF CLAIM FORM AND ASSUMPTION OF RISK: I would like to use the Cardio/Weight Room at Lanesville Community Schools. I am aware that using exercise and weight lifting equipment can be a dangerous activity involving many RISKS OF INJURY. I understand that the dangers and risks of working out with exercise and weight lifting equipment include, but are not limited to death serious bodily injury. Serious neck and spinal injuries may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and aspects of the muscular system. Serious injury or impairment to other aspects of my body, general health, and well-being may occur. I understand that the dangers and risks of participating in a workout with exercise and weight lifting equipment may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, engage in other business, social and recreational activities, and generally enjoy life. Because of the dangers of working out with exercise equipment and weight lifting equipment, I recognize the importance of following instructions regarding proper use of the equipment, appropriate training and other rules, etc., and to agree to obey such instructions. In consideration of being presented this opportunity to use the facilities at Lanesville Community Schools and in acknowledging that I am aware of and willing to assume the risks associated with use of exercise and weightlifting equipment. I hereby assume the risk of using the facilities and voluntarily agree to waive, hold harmless and indemnify Lanesville Community Schools from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my voluntary use of the weight lifting equipment and facilities at Lanesville Community Schools. I understand the content of this document, and I execute this INFORMED CONSENT AND WAIVER OF CLAIM FORM of my own free will and accord.

NAME (Print): \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

# LIMITED CRIMINAL HISTORY SEARCH

Requested by the Lanesville Community School Corporation  
Utilizing the Indiana State Police Website

## Cardio/Weight Room Usage

**Criminal History Results valid January 1<sup>st</sup> – December 31<sup>th</sup> of each school year**

### PLEASE PRINT:

Legal Name: \_\_\_\_\_  
(Last Name) (First Name) (Middle Initial)

Address: \_\_\_\_\_  
(Address) (City) (State) (Zip)

Date of Birth: \_\_\_\_\_  
(Month) (Day) (Year)

Sex: \_\_\_\_\_ Male \_\_\_\_\_ Female

Race: \_\_\_\_\_

Reason for Request: Cardio/Weight Room Usage

**The Lanesville Community School Corporation Affirms that the Limited Criminal History Information requested will be used as specified and will not utilize it for any other purpose.**

\_\_\_\_\_  
**Signature of Applicant** (Date)

\_\_\_\_\_  
**Daytime Phone Number**

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For Lanesville Community Use Only

Date Requested/Received information regarding above subject \_\_\_\_\_

Person Requesting/Receiving information regarding above subject \_\_\_\_\_