



## Children's Cardio Deck Usage Agreement

Due to an increase in the number of parents of 10 – 12 year olds requesting that their children be allowed to use equipment on the cardio deck we are instituting the following policy change.

Children between the ages of 10 and 12 will be able to use the cardio equipment upstairs with the following limitations:

- 1. **The child must be with a parent at ALL times**
- 2. Children must be on a family membership or pay \$5 guest fee per visit
- 3. A bracelet will be given to each child and must be worn while they are working out
- 4. Each child must meet with a trainer and be shown how to use the cardio equipment before using
- 5. Children can use cardio equipment ONLY and cannot use anything in the weight room
- 6. The hours of use will be limited to the following:
  - M – F 5:00a – 8:00a, 11:30a – 5:00p and 7:00p to close
  - Sat 12:00 – close
  - Sun no restrictions

**UNACCEPTABLE BEHAVIOR** or children being left alone on the machines may result in loss of privilege and/or membership.

All other children's usage policies will remain the same.

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### Waiver and Release of Liability

I accept full responsibility for my (my child's) participation in physical activities at ClubWorx and my (his/her) use of any and all apparatus, appliances, facility privilege or service whatsoever, owned and operated by ClubWorx is at my own risk and I agree to hold ClubWorx, its shareholders, directors, officers, employees, representatives and agents harmless from any and all loss , claim, injury, damage, or liability sustained or incurred by me (my child) resulting therefrom.

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Child's Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

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Fitness Staff Signature: \_\_\_\_\_

Date Trained: \_\_\_\_\_