

FAMILY FITNESS AREA

House Hold Number

PARENTAL/GUARDIAN CONSENT and LIABILITY WAIVER¹

ORIENTATIONS ARE BY APPOINTMENT ONLY, E-MAIL-NBKFITNESS@NAVYLIFEPNW.COM

MINOR—Age 7-11 YEARS—TRAINING, REGISTRATION, and USER CARD

20 September 2017

Minor's Name:	Date of Birth:
Address:	
Legal Parent/Guardian:	Phone (H):
Legal Parent/Guardian:	Phone (W):

Parental/Guardian Consent and Liability Waiver

I, _____, give permission for my child, _____, to participate in weight and cardiovascular training within Commander, Navy Region Northwest (CNRNW) Family Fitness Areas.

I understand the cardiovascular equipment and weight machines in the Family Fitness Areas are not designed for children of any age; some children may have an increased risk of injury. I also understand that a possibility for injuries exists when prepubescent children use weight training equipment and that these injuries may have a permanent effect on their growth plates. I understand that any questions regarding my child's risk for injury should be directed to my family physician. I acknowledge that I possess adequate family medical and hospitalization insurance coverage for the child above. I understand that my child's access to Family Fitness Areas may vary and that local hours, rules, and restrictions apply. I agree that the child above—age 7-11 years old—will be under my direct supervision whenever the child uses a CNRNW Family Fitness Area.

In consideration of my child's permission to use CNRNW Family Fitness Areas, I, as legal guardian of the above named child, agree to release, waive, indemnify, exonerate, discharge, and hold harmless from any and all liability, claims, demands, and causes of action (including defense costs and attorney's fees) arising from the negligence or fault of the entities or persons released, for the death, disability, or personal injury of me or my child, property damage, property theft, or actions of any kind which may hereafter occur to me or my child, the following entities or persons: the Department of the Navy, to include all persons employed by CNRNW and the Morale, Welfare, and Recreation (MWR) program, their directors, officers, employees, military members, volunteers, representatives, and agents. This release applies whether or not any claim, demand, action, or suit is based on, or alleged to be based on, or in part, the negligent act or omission, or similar conduct of those parties are hereby released and indemnified. The undersigned does hereby assume all risks and hazards incident to, or attendant with, the above named child's use of CNRNW Family Fitness Areas. I understand and agree that this Liability Waiver shall be construed broadly to provide a waiver and release of liability to the maximum extent permissible under applicable law.

PARENT/GUARDIAN

Printed Name: _____

Signature: _____ Date: _____

Customer Service Representative Signature: _____ Date: _____

¹ The Privacy Act Statement is on the reverse side of this form.

PRIVACY ACT

AUTHORITY: 5 U.S.C. 301 Departmental Regulations and Executive Order 9397 (SSN).

PRINCIPAL PURPOSE: To request use of fitness center, gym, and equipment provided by Morale, Welfare, and Recreation (MWR) Department to MWR patrons who request permission for underage eligible patrons to obtain an agreement from MWR on the terms and conditions of use of fitness center, gym facilities, and equipment.

ROUTINE USES: Used by MWR personnel to determine eligibility waiver and to maintain points of contacts for the duration or the waiver.

DISCLOSURE: Voluntary. However, failure to complete the form may result in inability to obtain a waiver to use the facilities.

FOR OFFICIAL USE ONLY – PRIVACY SENSITIVE: ANY MISUSE OR UNAUTHORIZED DISCLOSURE MAY RESULT IN BOTH CIVIL AND CRIMINAL PENALTIES.

FAMILY FITNESS AREA REGISTRATION PROCESS —MINOR—Age 7-11 YEARS

20 September 2017

ORIENTATIONS ARE BY APPOINTMENT ONLY

PLEASE E-MAIL NBKFITNESS@NAVYLIFEPNW.COM TO SET UP APPOINTMENT

PARENT/GUARDIAN

1. Shows ID
2. Completes the *PARENTAL/GUARDIAN CONSENT and LIABILITY WAIVER*
3. Attends Family Fitness Area orientation with Minor
4. Signs the *FAMILY FITNESS AREA* card
5. Ensures Minor is under their direct supervision whenever the Minor is in the facility ²

MINOR/YOUTH

1. Shows ID or document verifying age required
2. Attends Family Fitness Area orientation with the Parent (parent or guardian)
3. Remains under the Parent's direct supervision within the facility
4. Carries the *FAMILY FITNESS AREA* card and presents it to Fitness Center/Gym employee(s) upon entry and/or demand

GYM EMPLOYEE/CUSTOMER SERVICE REPRESENTATIVE

Ensure all of the following are accomplished, in order:

1. Parent shows ID
2. Minor/Youth shows ID or document verifying age required
3. Parent/Guardian completes *Parental/Guardian Consent and Liability Waiver*
4. Gym Employee conducts Family Fitness Area orientation with the Parent and Youth, using a standardized, written check-list specific to the Family Fitness Area, which includes: ³
 - i. Rules
 - ii. Safety guidelines
 - iii. Proper use of equipment
 - iv. Fitness assessment opportunities
5. The Parent/Guardian and Gym Employee sign and date the orientation checklist
6. The Gym Employee completes the *FAMILY FITNESS AREA* card and gives the card to the Family Fitness Area user
7. The Parent/Guardian receives one copy of the *Parental/Guardian Consent and Liability Waiver* and Family Fitness Area orientation check-list
8. The Gym Employee files one copy of the *Parental/Guardian Consent and Liability Waiver* and Family Fitness Area orientation check-list

² CNICINST 1710.3 Chapter 8, page 8, (11)

³ CNICINST 1710.3 Chapter 8, page 12, (14)

YOUTH FITNESS CENTER CARD

House Hold Number

PARENTAL/GUARDIAN CONSENT and LIABILITY WAIVER¹

ORIENTATIONS ARE BY APPOINTMENT ONLY, E-MAIL-NBKFITNESS@NAVYLIFEPNW.COM

MINOR—Age 12-15 YEARS—TRAINING, REGISTRATION, and USER CARD

20 September 2017

Minor's Name:	Date of Birth:
Address:	
Legal Parent/Guardian:	Phone (H):
Legal Parent/Guardian:	Phone (W):

Parental/Guardian Consent and Liability Waiver

I, _____, give permission for my child, _____, to participate in weight and cardiovascular training within Commander, Navy Region Northwest (CNRNW) fitness areas.

I understand the cardiovascular equipment and weight machines in the fitness centers are not designed for children of any age; some children may have an increased risk of injury. I also understand that a possibility for injuries exists when prepubescent children use weight training equipment and that these injuries may have a permanent effect on their growth plates. I understand that any questions regarding my child's risk for injury should be directed to my family physician. I acknowledge that I possess adequate family medical and hospitalization insurance coverage for the child above. I understand that my child's access to certain fitness center and gym areas may vary and that local hours, rules, and restrictions apply. I agree that the child above—age 12-15 years old—will be under my direct supervision whenever the child uses CNRNW fitness centers and gym areas.

In consideration of my child's permission to use CNRNW fitness centers and gym facilities, I, as legal guardian of the above named child, agree to release, waive, indemnify, exonerate, discharge, and hold harmless from any and all liability, claims, demands, and causes of action (including defense costs and attorney's fees) arising from the negligence or fault of the entities or persons released, for the death, disability, or personal injury of me or my child, property damage, property theft, or actions of any kind which may hereafter occur to me or my child, the following entities or persons: the Department of the Navy, to include all persons employed by CNRNW and the Morale, Welfare, and Recreation (MWR) program, their directors, officers, employees, military members, volunteers, representatives, and agents. This release applies whether or not any claim, demand, action, or suit is based on, or alleged to be based on, or in part, the negligent act or omission, or similar conduct of those parties are hereby released and indemnified. The undersigned does hereby assume all risks and hazards incident to, or attendant with, the above named child's use of CNRNW fitness centers and gym facilities. I understand and agree that this Liability Waiver shall be construed broadly to provide a waiver and release of liability to the maximum extent permissible under applicable law.

PARENT/GUARDIAN

Printed Name: _____

Signature: _____ Date: _____

Customer Service Representative Signature: _____ Date: _____

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DISCLOSURE: Voluntary. However, failure to complete the form may result in inability to obtain a waiver to use the facilities.

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FITNESS CENTER REGISTRATION PROCESS —MINOR—Age 12-15 YEARS

20 September 2017

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PARENT/GUARDIAN

1. Shows ID
2. Completes the *PARENTAL/GUARDIAN CONSENT and LIABILITY WAIVER*
3. Attends Fitness Center orientation with the Minor
4. Signs the *FITNESS CENTER YOUTH* card
5. Ensures Minor is under their direct supervision whenever Minor is in the facility ²

MINOR/YOUTH

1. Shows ID or document verifying age required
2. Attends Fitness Center orientation with the Parent (parent or guardian)
3. Remains under the Parent's direct supervision within the facility
4. Carries the *FITNESS CENTER YOUTH* card and presents it to Fitness Center/Gym employee(s) upon entry and/or demand

GYM EMPLOYEE/CUSTOMER SERVICE REPRESENTATIVE

Ensure all of the following are accomplished, in order:

1. Parent shows ID
2. Minor/Youth shows ID or document verifying age required
3. Parent/Guardian completes *Parental/Guardian Consent and Liability Waiver*
4. Gym Employee conducts Fitness Center orientation with the Parent and Youth, using a standardized, written check-list specific to the Fitness Center, which includes: ³
 - i. Rules
 - ii. Safety guidelines
 - iii. Proper use of equipment
 - iv. Fitness assessment opportunities
5. The Parent/Guardian and Gym Employee sign and date the orientation checklist
6. The Gym Employee completes the *FITNESS CENTER YOUTH* card and gives the card to the Youth Fitness Center user
7. The Parent/Guardian receives one copy of the *Parental/Guardian Consent and Liability Waiver* and Fitness Center orientation check-list
8. The Gym Employee files one copy of the *Parental/Guardian Consent and Liability Waiver* and Fitness Center orientation check-list

² CNICINST 1710.3 Chapter 8, page 8, (11)

³ CNICINST 1710.3 Chapter 8, page 12, (14)