

## Z Gym Permission Form & Liability Waiver

Your student has expressed an interest in utilizing Arrupe Jesuit's fitness center. In order to do so, each person must (1) attend an orientation, (2) submit a current physical & (3) complete this permission and liability form.

There are a few key pieces of relevant information for parents and guardians.

- There is a danger in all forms of physical activity. Weight lifting and high speed cardio are designed to exhaust the body in an effort to build greater strength and fitness. Even done correctly, there is inherent risk in these activities. Arrupe Jesuit is not liable for injuries sustained in the facility during normal usage.
- The Z Gym will be open every weekday from 3:45 – 4:50. Trained faculty and staff will moderate the room to ensure proper form and appropriate behavior at all times.
- The dress code for the room includes: Arrupe t-shirt, appropriate shorts/pants, and athletic shoes. Improperly attired students will not be allowed in the Z Gym.
- All weight training requires a partner. Cardio equipment use is limited to 30 minutes.
- Students are required to abide by the moderator's instructions & rules contained in the orientation and posted in the gym. Failure to do so will result in dismissal from the gym.
- Athletic teams may reserve the Gym beginning at 5:00 PM on weekdays. Coaches will oversee the room during this time and non-program personnel are not permitted.
- If any person or program leaves the room in disarray, the athletic department reserves the right to revoke their ability to use the room.

If you have any further questions or concerns, please feel free to call or email:

Phone: 303-455-7449 ext. 230

Email: [mlovinguth@arrupemail.org](mailto:mlovinguth@arrupemail.org)

I understood the rules and risks involved with utilizing Arrupe Jesuit's Z Gym. By signing below, I give my student permission to access the school's fitness center and waive any liability to the school.

Student Name: \_\_\_\_\_

Printed name of Parent or Guardian: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

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

## Z Gym forma de permiso y renuncia de liabilidad

Su estudiantete ha expreso un interés a utilizar la gimnasio de Arrupe Jesuit. Hacerlo, cada estudiante necesita (1) atender una orientacion, (2) enviar un fisico actual (3) completar este forma de permiso y renuncia de liabilidad.

Hay pocas piezas de informacion para padres y guardianes.

- Hay peligro en todas formas de actividad fisico. Levantamiento de pesas y el ejercicio cardiovascular a alta velocidad estan diseñado para agotar el cuerpo en un esfuerzo a to aumentar la fuerza y la forma fisica. Incluso si se hace correctamente, eiste un riesgo inherente a estas actividades. Arrupe Jesuit no es responsable de las lesiones sufriendo en el gimnasio durante uso normal.
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- If any person or program leaves the room in disarray, the athletic department reserves the right to revoke their ability to use the room.

Si tengas preguntas o preocupaciones, por favor llame:

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Email: [mlovinguth@arrupemail.org](mailto:mlovinguth@arrupemail.org)

I understood the rules and risks involved with utilizing Arrupe Jesuit's Z Gym. By signing below, I give my student permission to access the school's fitness center and waive any liability to the school.

Nombre de Estudiante: \_\_\_\_\_

Nombre de Padres o Guardian (imprimir): \_\_\_\_\_

Firma de Padres o Guardian: \_\_\_\_\_

Fecha: \_\_\_\_\_