

Hanover Park High School

Weight Room Participation Contract

(must be signed by parent/guardian)

The following describes the terms and conditions that apply to the use of the Hanover Park High School Weight Room while under the supervision of the assigned weight room supervisor of any given season.

REQUIREMENTS OF STUDENT:

1. Must provide proof of receiving a physical examination within a year of date entered into weight lifting program.
 - a) School physical for any sport within the last year
 - b) Copy of physical received by family physician in the past year.
2. Student must participate in physical education class during that day of intended use of the weight room.
3. Student must wear proper attire for use of equipment while in the weight room.
4. Student will conduct him/herself in a manner consistent with that described in the Student Discipline section of the hand book. Students who do not conduct themselves in this manner will be excluded from use the weight room pending the review of the athletic director.

WEIGHT ROOM INFORMATION:

- The weight room is intended for the use of students and faculty of the Hanover Park Regional High School District only.
- A weekly schedule of dates and times will be posted.
- Students are only permitted in the weight room with either the appointed supervisor or in season coach.

PARENT/GUARDIAN AGREEMENT:

I have reviewed the above conditions and permit my son/ daughter to participate in the use of the Hanover Park Weight Room under the supervision of the district appointed Weight room supervisor.

Parent/ Guardian Signature: _____ Date: _____

Home Address: _____

Emergency Phone # _____ Home Phone # _____

Name of emergency contact: _____

Please list any school activity/ sport that you may have participated in during the last year:

Student Name: _____

School Nurse: _____