

WILSONVILLE HIGH SCHOOL WEIGHTROOM SAFETY STUDENT/ATHLETE ACKNOWLEDGEMENT FORM

I, _____ Class Period: _____
print student/athletes' name

acknowledge that I have seen and have knowledge of the following safety features for our strength & conditioning class.

_____ I have seen the **BFS Weight Room Safety Video**.
initial here

_____ I have read the **BFS Weight Room Rules Poster**.
initial here

_____ I am familiar with the three **BFS Safety Posters describing the Knee, Hamstring and Back safety**.
initial here

_____ I have seen the **Training Posters** and know that I have the responsibility to
initial here read each on carefully to learn the correct techniques of the squat, bench, clean, dead lift and the quick lifts.

_____ I have been instructed in the proper use of **all** equipment in the Wilsonville
initial here High School weight room.

_____ I have read and understand the **disclaimer** below.
initial here

Disclaimer: Although weightlifting is one of the safest athletic activities, all athletes run the risk of being injured. It is the intention of the "BFS Safety Package" to inform all coaches, athletes and students of possible injuries associated with the weight room and lifting weights. This form and the information described therein is to be used solely as instruction on how to minimize injury potential due to lack of knowledge or instruction. Bigger Stronger Faster, inc. holds no responsibility, stated or implied, for athletes or students who may receive injuries whether or not they are following the guidelines stated above.

Student/athletes' signature

DATE

Parent/Legal Guardians' signature

DATE