



95 Racquet Club Drive, San Rafael, CA 94901 (415) 456-5522ph (415) 456-0914f www.rafaelracquetclub.com

### Guidelines for usage of the RRC fitness room by a minor (under 18)

#### Guidelines

Members under age **18 may only use the fitness room if:**

- The minor has completed an **orientation** by a certified trainer (documented below), AND
- The parent or guardian of said minor signs the following **liability release**.

Members ages **11-13 who meet the above requirements must have on-site adult supervision** (either in the room or seated on the fitness patio) while they are exercising. Members ages **14-15 who meet the above requirements must have an adult on the RRC property** while using the fitness room.

Members under age 11 are not permitted in the room.

(A list of approved users will be kept in the main office.)

Minors who violate these rules and/or the rules of the fitness room will be put on probation at the discretion of the RRC. We do not tolerate unsafe use of equipment or misconduct of any kind in the fitness room.

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#### Please sign:

I, \_\_\_\_\_, am the trainer/coach

of: \_\_\_\_\_, whom I have trained on this equipment or similar, and acknowledge them as being capable of exercising safely in the RRC fitness room.

Sign: \_\_\_\_\_

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

I, \_\_\_\_\_, am the parent/guardian

of: \_\_\_\_\_, and I agree to the statements above.

Sign: \_\_\_\_\_

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