



ZEELAND RECREATION FITNESS CENTER WAIVER for YOUTH

I hereby consent to my participation in fitness activities at the Zeeland Recreation Fitness Center. I understand and acknowledge that such activities have (a) inherent risks and hazards exists in my use of any equipment and my participation in these activities; (b) my participation in such activities and use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, paralysis, death or other ailments that, could cause serious disability; (c) these risks and dangers may be caused by the negligence of the representatives and employees of Zeeland Recreation, the negligence of the participants, the negligence of others, accidents, breaches of contract, or other causes; (d) by my participation in these activities and for use of equipment, I hereby assume all risks and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives and employees of Zeeland Recreation, or by any other person.

In consideration of the right to participate in the activity, I voluntarily agree to release, waive, hold harmless, defend and indemnify Zeeland Recreation and its employees from any legal liability for my death, disability, personal injury, property damage or theft, or actions of any kind caused by or resulting from my participation in the activity or in any way connected with my participation in the activity. This agreement will apply for each and every day I engage in the activity without requiring me to sign an additional form for each day or activity.

I represent that I am in satisfactory physical condition to participate in the activity. I authorize any person connected with the activity or Zeeland Recreation to administer first aid to me, as they deem necessary. I authorize medical and surgical care and transportation to a medical facility for treatment necessary at my expense.

If the participant is less than 18 years of age, the undersigned parent or guardian acknowledges that she/he is signing this agreement on behalf of a minor and that the minor shall be bound by the terms of the agreement.

I HAVE READ AND UNDERSTOOD THIS RELEASE OF LIABILITY WAIVER AND VOLUNTARILY AGREE TO ITS TERMS.

Signature of Participant

Date

Signature of Parent/Legal Guardian (Required if the participant is less than 18 years of age)

Date of Birth _____ Circle One: Male or
Female

Please print the following information:

Full Name

Street _____ City, State, and
Zip _____

Emergency Contact Phone Number: _____

E-mail Address _____ Circle One:
Zeeland Resident or Non-Resident

ZEELAND RECREATION FITNESS CENTER

Youth Conduct Agreement

Expectations

Respect yourself, fellow members, Zeeland Recreation staff, and Zeeland Recreation facilities and equipment.

Fitness Center Etiquette

Updated 11/6/2025

- All equipment must be used properly and as designed. If you are unsure of how to use a piece of equipment, check with the front desk staff.
- Wipe down all equipment with anti-bacterial wipes when you are finished.
- Wear proper and appropriate attire. Shirts and tennis shoes are required at all times. Sandals, street shoes, or dark-soled shoes are not permitted in the Fitness Center or studios.
- During busy times, limit the use of cardio equipment to 30 minutes or less. When other members are waiting, please allow them to work in between your sets.
- Use headphones when playing music or other audio on your electronic device.
- Return all equipment to its original location for the convenience of others and wipe off the equipment after each use with provided supplies.
- Water bottles only in the Fitness Center and studios– no gum, food, or other kinds of drinks.
- Immediately report any injuries or equipment in need of repair to the front desk staff.
- Zeeland Recreation is family-friendly—please use respectful language and behavior.
- Anything that negatively impacts the experience of other patrons (For example, derogatory language and fighting) of any kind will not be tolerated.

Misconduct Procedures for Minors

- 1st offense- verbal warning
- 2nd offense- removal from Fitness Center for the remainder of the day and contact member's parent/guardian
- 3rd offense- one-week suspension from the Fitness Center and contact members's parent/guardian
- 4th offense- indefinite suspension from Fitness Center pending an in-person meeting with parent/guardian
- Zeeland Recreation reserves the right at any time to temporarily or permanently suspend a member from all privileges if said member has violated any of the guidelines adopted by Zeeland Recreation. Refusal to comply with Zeeland Recreation Staff directives or to leave the premises when asked will result in an immediate suspension.

I HAVE READ AND UNDERSTOOD THIS CONDUCT AGREEMENT AND AGREE TO ITS TERMS.

Signature of Participant

Date

Signature of Parent/Legal Guardian (Required if the participant is less than 18 years of age)

Printed Name of Parent/Legal Guardian