

# Open Gym, Conditioning, and Weight Training Cautionary Statement, and Permission to Participate Form

## PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS INTERPRETATION OF "OPEN GYM" POLICY

Participants must have a signed Open Gym, Conditioning and Weight Training Cautionary Statement and Permission to Participate Form on file with the school-based athletic director (**an accurate list of approved students shall be provided to the staff member supervising the activity by the athletic director**) prior to participating in any of the activities.

In order to conform to the letter and spirit of state and county rules governing out-of-season practice restrictions:

Any after-school athletic activity (such as weightlifting, open gym/field for any sport, conditioning programs, etc.) **conducted and supervised by coaches or school staff** should meet all of the following criteria:

- Open to the student body as a whole, not just athletes.
- Not open to the general public or students from other schools.
- Dates and times are announced and publicized to the student body as a whole.
- Be conducted immediately before or after school when possible.

Coaching or instruction may not take place! **Instruction may occur during weight training to ensure proper lifting techniques.** Coaches may be present for supervision and liability purposes only.

***Students are to drink water as needed. It is important to stay hydrated before, during, and after workouts.***

# **Open Gym, Conditioning, and Weight Training Cautionary Statement, and Permission to Participate Form**

**Please sign and return this completed page to the school athletic director.**

## **ACKNOWLEDGMENT**

**By signing below we certify that we have read the information provided and**

**understand that the activities are physical in nature and my son/daughter**

**(Student's name) \_\_\_\_\_ may be at risk  
of Injury while participating.**

**School: \_\_\_\_\_**

**Activity: \_\_\_\_\_**

\_\_\_\_\_  
**Parent/Guardian Printed Name**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Athlete Director's Signature**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**