



Penn Manor Athletics

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

All participants MUST have a signed Open Gym, Conditioning, & Weight Training Cautionary Statement & Permission to Participate Form on file with the sponsoring coach supervising the activity.

All forms will then be turned over to the athletic office

Any after-school athletic activity (such as weightlifting, open gym/field for any sport, conditioning programs, etc.) conducted and supervised by coaches are:

- Open to the student body as a whole, not just student-athletes
- Not open to the general public or students from other schools
- Dates and times announced and publicized to the student body as a whole

Please sign and return this completed page to the sponsoring coach supervising the activity.

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.

In addition, I have consulted with the sponsoring coach about any potential health risks and/or concerns that my son/daughter may have as it pertains to the activities being conducted.

Activity: _____

Parent/Guardian Printed Name: _____

Emergency Contact Number: _____

Parent/Guardian Signature: _____ Date: _____

Sponsoring Coach Signature: _____ Date: _____

****Please note participants only need to complete one form throughout a given school year per activity. Participation in multiple activities will require a form for each individual activity being on file and approved by the sponsoring coach.***