**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 whole, not just 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.
* 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**

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

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#### **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Parent/Guardian Printed Name**

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**Parent/Guardian Signature Date**

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**Athlete Director’s Signature Date**