

DIVERSIFIED FITNESS CLUB

195 Mayer Road, Frankenmuth, MI 48734 | 989-652-4067

Parent / Guardian Participation Consent

For club members ages 14-17

Permission to participate

I am the parent or legal guardian of the minor identified below. I authorize the minor to participate in fitness activities at Diversified Fitness Club, including use of cardio and strength equipment and group fitness classes, subject to club approval and its posted rules.

Risks and safe participation

Exercise and use of fitness equipment involve risks, including falls, strains, equipment-related injuries, and potentially serious injury or death. I will discuss safe participation with the minor, make sure the minor follows staff instructions and posted rules, and arrange appropriate supervision. The minor should stop exercising and seek assistance if feeling unwell or unsafe.

Age and after-hours rules

Ages 14-15 require a parent or legal guardian during unstaffed hours. Age 16 must leave by 10:00 PM during unstaffed hours unless accompanied by an adult. Age 17 must leave by midnight during unstaffed hours unless accompanied by an adult. Any alternate supervising adult must be approved separately by the club. This consent does not grant access privileges or approve an alternate adult.

Unstaffed access and emergencies

Staff or medical assistance may not be present during unstaffed hours. In an emergency, call 911 and then notify the club. I will provide current contact information and remain responsible for arranging the supervision required by club rules.

Scope of this consent

This document records parental permission and acknowledgment of risks and club rules. It does not release or waive the minor's legal claims, create an indemnity obligation, or replace the club's membership contract. Club membership and access still require the club's approval.

Signature and records

By signing, I confirm that I have read this document, am authorized to give this consent, and agree to the participation and supervision terms above. For an online submission, I consent to electronic records and intend my typed name to serve as my electronic signature. A completed PDF will be sent to the club at membership@diversifiedfitnessclub.com. A paper-signing option is available by contacting the club.

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Participant and signature details

Participant full name

Minor age (14-17)

Parent / guardian full name

Relationship to participant

Parent / guardian email

Phone

Signature

Date signed

Complete both pages and return the signed document to the club. You can also complete the form on the club website to automatically send a signed PDF to the membership team.