

BFS

Dedicated To Help
Athletes Succeed

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and have knowledge of the following safety features for our weight training/fitness class.

_____ I have read the **BFS Weightroom Rules Poster**.
Initial here

Initial here I have seen the **Training Posters** and know that I have the responsibility to read each one carefully to learn the correct techniques of the squat, bench, clean, deadlift, and the quick lifts.

_____ I have been instructed in the proper use of all equipment in the facility.
Initial here

X _____
Student/athletes' signature

Date _____

Date _____

Date _____

DISCLAIMER: Although weightlifting is one of the safest athletic activities, all athletes run the risk of being injured. It is the intention of the "BFS Safety package" to inform coaches, athletes and students of the possible injuries associated with the weight room and lifting weights. This form and the information described therein is intended solely as instruction on how to minimize injury potential due to lack of knowledge or instruction. Bigger, Faster, Stronger, Inc. holds no responsibility, whether stated or implied, for athletes or students who may receive injuries whether or not they are following the guidelines stated above.