



# WEIGHTROOM SAFETY STUDENT/ATHLETE ACKNOWLEDGEMENT FORM

I \_\_\_\_\_  
print student/athletes' name

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

\_\_\_\_\_ I have seen the **BFS Weightroom Safety Video**.  
initial here

\_\_\_\_\_ I have read the **BFS Weightroom Rules Poster**.  
initial here

\_\_\_\_\_ I am familiar with the three **BFS Safety Posters** describing the Knee, Hamstring and Back safety.  
initial here

\_\_\_\_\_ I am familiar with the eight **BFS 6 Absolutes Posters** which help students/athletes understand the proper lifting techniques.  
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.  
initial here

\_\_\_\_\_ I know additional information on correct lifting technique and other strength and conditioning topics is available at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)  
initial here

\_\_\_\_\_ I have been instructed in the proper use of all equipment in the facility.  
initial here

\_\_\_\_\_

student/athlete signature

\_\_\_\_\_

date

\_\_\_\_\_

parent or legal guardian signature

\_\_\_\_\_

date

\_\_\_\_\_

coaches signature of administration

\_\_\_\_\_

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 Liability Package" to inform coaches, athletes and students of the possible injuries associated with the weightroom 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.

**TAKE CHARGE!**