

**Arkansas Governor's School**

**Arkansas Tech University – Tech Fit Sign-up Form**

Student's Name (Please Print): \_\_\_\_\_, \_\_\_\_\_  
LAST FIRST

Date of Birth (MM/DD/YYYY): \_\_\_\_\_

Parent/Guardian address and emergency contact information:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1. Do you have an immediate family history (e.g. mother) of cardiovascular disease, diabetes or any heredity disease that may affect your performance or health? Yes / No  
If yes, what family member and disease. \_\_\_\_\_  
\_\_\_\_\_

2. Have you been **diagnosed by a physician** for any disorder (e.g. asthma) that may affect your health or performance? Yes\* /No (\*Require Medical Clearance)  
If yes, then state disorder and provide clearance letter to participate.  
\_\_\_\_\_  
Physician's Contact information: \_\_\_\_\_

3. Do you have a **diagnosed** orthopedic injury(s) or condition(s) that may limit your performance or causes pain? Yes\* /No (\*Require Medical Clearance)  
If yes, then state when the injury occurred, surgery date and clearance of participation.  
\_\_\_\_\_  
Physician's Contact information: \_\_\_\_\_

4. Are you **currently being treated** by a physical therapist or athletic trainer? Yes\* / No  
If yes, what are you being treated for? (\*Require Medical Clearance)  
\_\_\_\_\_  
PT's/ATC's Contact information: \_\_\_\_\_

5. Are you currently taking any **over the counter** medications? Yes / No  
If yes, state the medication(s).  
\_\_\_\_\_

6. Are you currently taking any **prescription** medications? Yes\* / No

If yes, state the medication(s). (\*Require Medical Clearance)

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7. What sport(s) are you currently participating in and for how long?  

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8. Are there any reasons not asked above that may influence your ability to complete training sessions or may increase your chance of injury?  

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9. Please inform the Tech Fit Staff if you are requesting coaching and program development during your time at Arkansas Governor's School.

Students will abide by the following rules while using Tech Fit and violation of these will result in loss of access to the facility.

- All students will undergo an orientation on common risks involved in strength training, on the proper execution of various exercises and on the possible consequences if proper technique is not employed.
- Failure to follow Tech Fit rules will result in loss of facility privileges.
- Students that have/sustain an injury that may increase their chance of injury during their workouts need to notify ATU Tech Fit Staff (modifications may be made to the student's program for improved safety).
- All students are required to use collars on barbell exercises once plates/bumpers are added to the bar.
- Students will return plates, bumpers, barbells, dumbbells and all other exercise equipment back to their original location. Failure to follow this rule will result in loss of these equipment privileges.
- They should not drop or throw weights or dumbbells.
- Students will demonstrate respect for Tech Fit equipment and facilities at all times
- Spitting, dropping of garbage, defacing the facility or tracking in mud will not be tolerated and will result in immediate loss of access to the facility.
- Horseplay, loud, offensive language, or temper tantrums are not permitted in Tech Fit.
- The Tech Fit office and telephones are off limits to students, unless permission to use them is given.
- Students will wear proper training attire (example, t-shirts, shorts and athletic shoes), closed shoes are REQUIRED (Sandals or open toed shoes are not Permitted) and jeans or mid-riff shirts are not allowed.
- Immediately report any Tech Fit related injury or safety concerns to Tech Fit Staff.
- Students are not allowed to bring in tobacco products, food, chewing gum, glass bottles, cans, alcohol, drugs, and weapons into Tech Fit; plastic or aluminum sports/water bottles are acceptable.
- ATU and Tech Fit Staff are not responsible for students' injury; student's personal belongings or lost or stolen items that belong to the student.
- Tech Fit Staff have the authority over all weight room conduct and use of equipment and may expel an athlete from the facility for failure to follow instructions.

- Spotters must be used for all bench pressing movements and safety catches properly used when using half-racks and Smith rack.
- No dropping of weights outside of the platforms and only bumper plates should be used on the platforms.
- Minimize chalk and powder on the floor.
- No jewelry (necklaces, bracelets, rings, and earrings) will be worn during exercise for safety.
- Wipe down all exercise equipment after each use (example, handrails, bench pads)
- Safety cords must be worn at all times on cardio equipment.
- Maximum of 20 minutes on all cardio equipment if others are waiting.
- Tech doors will remain locked during non-operational hours and negligent behavior will result in loss of privileges.
- Students must check-in/sign-in prior to access of Tech Fit.

I have answered these questions truthfully and to the best of my knowledge the answers given are accurate.

Student's Signature: \_\_\_\_\_

Parent's Name (Please Print): \_\_\_\_\_, \_\_\_\_\_  
LAST FIRST

Parent's Signature: \_\_\_\_\_