



WEIGHT ROOM SAFETY RULES

The rules and information identified below have been established in order to protect the student and others from injury and/or illness while using the weight room during open gym. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment and attire are important aspects of this training program. Each participant is expected to follow the directions/standards listed below and must understand that failure to follow such directions or adhere to standards may place the participant at risk or cause them to be restricted from using the facility.

Normal operating hours of the weight room are 2:30-3:30 on school days, however if a supervisor is not available, it may be closed without notice.

Guidelines are as follows:

1. Wear appropriate exercise attire at all times
 - Shirts must cover shoulders and abdomen. Shoes must be worn at all times.
 - Wear clean, indoor shoes with no residue from outside weather conditions
 - No torn sleeves/shirts, no open-toed or open-backed shoes, no boots, no casual clothing, Long hair must be tied back.
 - Failure to dress properly will result in denial to workout.
2. Sign-In upon entering and Sign-out upon workout completion
3. Have WRITTEN workout plan that may be reviewed and modified by supervisor
4. Water only, no food or other beverages inside weight room
5. Immediately stop using the equipment if any defect in the equipment is found and notify the teacher on duty
6. Engage in warm-up activities prior to participation
7. No maximum lifts are permitted unless spotted by supervisor (ex: 3 RPM or 1 RPM)
8. Minimum of 2 students in the weight room at any time. Use a partner/spotter or safety bars at all times. Stop and ask for help or for the teacher supervisor to observe your form for feedback.
9. Use only equipment you have been instructed to operate
10. Always use clips on bars
11. Weight training needs to be focused and serious. Horseplay will not be tolerated. Ensure that you are lifting within your known limits.
12. Advise the supervisor if you have been injured
13. Weight plates and dumbbells are not to be placed on benches, leaned against equipment stands, walls or machines. Please replace weights after use.
14. Dumbbells and weight plates cannot be dropped on the floor

15. Audible music may be provided by supervisor, students are permitted to use individual listening devices as long as they are able to hear/respond to supervisor instructions
16. Clean benches and pads with disinfectant.
17. Store personal belongings in the locker room, no bags/ backpacks in the weight room.
18. No use of chalk
19. Windows and Outside Door will remain closed to control humidity
20. Abide by all safety rules and school rules

The supervisor has the right to revoke permission for use of the weight room at any time, especially for violations of safety rules and school rules.

I, _____, have read the above information and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the weight training program.

Because of the dangers of weight training, I recognize the importance of following the supervisor's instructions regarding techniques, training and to agree to obey such instructions.

By signing below, I certify that I have read the above, understand its content and agree to its terms.

_____	_____
Student's Signature	Date

_____	_____
Parent's/Guardian's Signature	Date