

Weight Room Safety Rules

These rules must be followed at all times. It is for your safety.

1. You are only allowed in the weight room with a coach present.
2. No horsing around, pushing, or distracting another athlete.
3. No food or drink in the weight room.
4. Do not sit on lifting equipment during rest intervals.
5. Must have spotters on free lifting stations (i.e. bench, incline press, squats, etc.)
6. Report any injury to the coach immediately.
7. If you are done lifting, do not sit around and chat with friends, go home.
8. Rack your weights before leaving.
9. The weight room is not a place to hang out. If you are not planning to workout then you should leave the weight room.
10. The weight room is a place to be serious about improving yourself. Acting inappropriately (i.e. showing off, inappropriate touching, horseplay, will **NOT** be tolerated.)
11. Wear appropriate footwear and apparel for the weight room, no open toe shoes, work boots, or crop tops, should be worn in the weight room.

I understand that by not following the rules stated above, I will be asked to leave the weight room. I understand that I will not be allowed back into the weight room, until spoken to by the supervising coach.

Student Name (print) _____

Student Signature _____ Date _____

Guardian Signature _____ Date _____

Signed form needs to be returned to the Athletic Trainer or Athletic Director before the student can use the weight room.