

REGINA



WEIGHT ROOM RULES & SAFETY PROCEDURES

1. You are only allowed in the weight room with a coach or adult present.
2. No food or gum in the weight room. Only close-lid bottles for drinks.
3. No horsing around, pushing, distracting another athlete.
4. All equipment must be properly wiped down and disinfected after use.
5. Must have spotters on free-lifting stations (bench, incline press, squats, etc.)
6. Lift within your limit. Lift slowly and breathe consistently.
7. Report any injury to a coach or adult immediately.
8. Report any equipment issue to Miss Frikken immediately.
9. Wear appropriate footwear and apparel for the weight room.
10. If playing music or using the TVs, only school-appropriate material should be played.
11. Do not leave bags or other personal items scattered around the weight room.
Bags and other items must be stored in the locker room or in a cubby.
12. All weights and equipment should be properly reset before leaving.
13. The weight room should be a **safe**, **focused** and **supportive** environment. It is a place to be serious about improving yourself both physically and mentally.
Acting inappropriately or disrespecting another athlete will NOT be tolerated.
14. Respect the weight room, each other, and yourselves.
15. By stepping into the weight room, you're agreeing to follow the policies stated above.