

Policy of the Lancaster Board of Education

School Community

USE OF WEIGHT ROOM RULES

1. Flexibilities must be done before and after weight training (no less than 5 minutes).
2. Proper workout attire should be worn at all times. (Workout attire: shorts - shoes - t-shirt - sweat shirt - sweat pants - warmups, etc.). Weight room users should be dressed to workout and be prepared to move freely without restrictions.
3. Any conduct not related to weight training is not allowed, e.g., fooling around, spectating. Horseplay will not be tolerated.
4. Weight room users should encourage each other rather than harass or bring an achieving person down to a lesser level.
5. Users must observe safety considerations. Good judgment should always be used when lifting and spotting.
6. All users have equal rights to all equipment, therefore, users should respect each other - male and female alike.
7. Lifters will replace equipment they use immediately after they use it.
8. The weight room will be opened by a trained supervisor or coach. No one is to be weight training unless properly supervised (coach/instructor).
9. Neatness and respect are of great importance to maintaining a proper weight training atmosphere. With this in mind, users should consider the weight training room their room and keep it as a first-class operation. Lack of cooperation will lead to closing the doors to the room until proper respect is shown.
10. Weight plates and bars should be kept on the platforms and in or on the areas provided for them. The iron should always be returned immediately after use.

11. A prescribed program or routine should be followed by each trainee.
12. The weight room should not be carelessly left open or unattended so that novices and beginners may wander in and experiment in lifting. There is too much danger of the weights being dropped and thus possibly causing an injury, over-strain because of inexperience, and leaving the room in a distorted mess because of unawareness of the rules.
13. Weights should not be thrown or dropped to the floor or platforms from any lifting position. The weight should be placed on the pad or the place provided. The weights should be kept off the floor proper. Areas are provided for storage.
14. Collars should be used on the weight bars when attempting heavy or record lifts.
15. Spotters must be used when attempting heavy lifts.
16. Correct form must be stressed in all lifts. Safety is very important.
17. Mag chalk should be used to prevent the hands from becoming slippery. Chalk absorbs perspiration.
18. No equipment is to be removed from the weight room for any purpose.
19. District-wide use of the weight training facility is encouraged with the following considerations because of anticipated usage:
 - Priority 1 - Students, athletes and personnel presently in school
 - Priority 2 - Alumni and community members
 - Priority 3 - All other individuals only by special request through the building Principal.

Approved: