

## **WEIGHT ROOMS, FREE WEIGHTS, AND UNIVERSAL GYMS**

### **GUIDELINES FOR COACHES AND INSTRUCTORS**

It is the duty of coaches and instructors to provide a safe, structured and supervised environment to minimize injuries for the student athletes in their charge. It is also the duty of the coaches and instructors to limit the liability associated with weight room use by following and enforcing the following guidelines.

In each weight room or weight area a sign or series of signs will be posted that stress safety and proper use of weight room facilities. The signs should include but not be limited to:

- No Horseplay.
- No use of weights or equipment without authorization and proper adult supervision.
- No lifting of free weights without spotters and collars.
- Build up to maximum weight gradually.
- Always use proper form and breathing techniques.
- Do not use any station without proper instruction.
- Do not use or replace pins in universal with anything else.

Students are to be instructed on the proper use and techniques of the universal and free weights prior to their use.

The instructional unit is to include:

- Purpose of circuit training and weight training.
- Teaching of safety rules (see above).
- Explanation of each station and exercise.
- Students should be able to verbally explain proper techniques and physically execute proper form
- Students will be required to pass written safety and technique instruction test prior to weight room use.
- Students are required to have a signed waiver of liability form on file prior to weight room use.

Each P.E. Instructor, athletic coach, and any district employee who would supervise the weight rooms and/or teach weight training must be thoroughly familiar with this policy and be knowledgeable of proper weight training techniques.

- Coaches/instructors are required to maintain record of the safety and lifting technique test for all students using the weight room
- Coaches/instructors are required to maintain original copies of the waiver of liability form on file for all students using the weight room

No student is to be allowed to use any weight equipment without authorization and proper adult supervision.