

WEIGHT ROOM POLICIES AND GUIDELINES

1. An employee of the school must be IN THE ROOM while students are lifting.
2. At no time are two people of the opposite gender to be in the room by themselves. A third person must be present.
 - a. This includes:
 - i. Male coach and female student/athlete
 - ii. Female coach and male student/athlete
 - iii. Two employees of opposite sex
 - iv. Two students of opposite sex should not be in the room at any time unless an employee is present.
3. Alumni are permitted use of the weight room as long as an employee of the school is present.
4. A spotter must be used for an individual doing any form of bench press.
5. Water is permitted in the weight room. **THROW AWAY YOUR BOTTLES.**
6. **NO FOOD OR BEVERAGES OTHER THAN WATER ARE PERMITTED IN THE WEIGHT ROOM.**
7. **NO GUM.**
8. Wipe the benches down after use.
9. All clips are to be put back in the basket when you are finished. Do not leave them on the floor or on the bars.
10. All weights are to be put back on the racks in correct order. Do not leave them on the floor or bars/machines.
11. Do not set weights or dumbbells on the benches. This rips the material.
12. The maximum number of people exercising in the weight room is 14.
13. Shoes must be worn. They are to be clean. No mud or grass tracked into the room. **NO SANDLES OR FLIPFLOPS.**
14. **NO HORSEPLAY.**
15. Appropriate “attire” must be worn. Socks, Shirt, Shorts/Sweats.
 - a. P.E. classes must wear P.E. uniform
 - b. Teams and anyone else:
 - i. Shorts must be “modest.” Many girls prefer to wear spandex under their shorts. This is preferred.
 - ii. Shirts must be worn.
 - iii. Sweats are fine.
 - iv. Socks are preferred as they prevent blisters.
16. Let Mr. Knafel know if equipment becomes “loose.” The Pro Style dumbbells loosen up fairly easily and need to be tightened down.
17. All music played in the weight room must be approved by Jed Long. Forms can be picked up in his office.
18. The parent/student permission form must be signed and turned in **BEFORE** the first use each school year. Forms may be picked up from the Athletic Office or Mr. Knafel.

Elkhart Christian Academy – July, 2015 - June 2016

VIOLATION OF ABOVE STATED RULES WILL RESULT IN LOSS OF WEIGHT ROOM PRIVILEGES

Athletic Director,

I/We know of and acknowledge that my son/daughter knows of the risks involved in weight training, understands that serious injury and even death is possible in such participation and chooses to accept any and all responsibility for his/her safety and welfare while participating in weight training. With full understanding of the risks involved, I/We release and hold harmless my school of any and all reasonability and liability for any injury or claim resulting from such weight training and agree to take no legal action against Elkhart Christian Academy because of any accident or mishap involving the training of my son/daughter.

Athlete: (Print Name) _____ Grade: _____

Athlete: (Signature) _____ Date: _____

Parent: _____ Date: _____