



WEIGHT ROOM SAFETY RULES

Earl of March Secondary School and the Health & Physical Education Department strives to protect each student from possible injury while engaging in school activities.

The rules and information identified below have been established in order to protect the student and others from injury and/or illness while using the weight room during open gym. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment and attire are important aspects of this training program. Each participant is expected to follow the directions/standards listed below and must understand that failure to follow such directions or adhere to standards may place the participant at risk or cause them to be restricted from using the facility.

Guidelines are as follows:

1. Please wear appropriate exercise attire at all times. Shorts with no less than a 1 1/2 inch inseam and a shirt must be worn to cover the upper body; proper athletic shoes are also required. Casual clothing is NOT allowed. No jeans, jean shorts, or any article of clothing with zippers or rivets. No open-toed shoes, open-backed shoes, boots, sandals, or casual shoes are allowed. Long hair must be tied back. Failure to dress properly will result in denial to workout.
2. Advise teacher supervisor of any poorly-fitted or defective equipment.
3. Immediately stop using the equipment if any defect in the equipment is found and notify the teacher on duty.
4. Engage in warm-up activities prior to strenuous participation.
5. No maximum lifts are permitted (ex: 3 RPM or 1 RPM)
6. Minimum of 2 students in the weight room at any time. Use a partner/spotter or safety bars at all times. Stop and ask for help or for the teacher supervisor to observe for feedback.
7. Use only equipment you have been instructed to operate (ie. do not play with the badminton, volleyball, etc. equipment that's stored in the vicinity)
8. Always use clips on bars, with no exceptions.
9. Weight training needs to be focused and serious. Horseplay will not be tolerated. Ensure that you are lifting within your known limits.
10. Advise the teacher supervisor if you have been injured.
11. The student has no authority to allow any other individual the use of the equipment.
12. Weight plates and dumbbells are not to be leaned against equipment stands, walls or machines. Please replace weights after use.
13. Dumbbells and weight plates cannot be dropped on floor.
14. No use of chalk please.
15. Clean up perspiration on benches with disinfectant.
16. No bags/ backpacks in the weight room. No changing in the weight room.
17. Abide by all safety rules and school rules related to use of the Gymnasium
18. The teacher supervisor and/ or Ms. Port, the Head of the Health & Physical Education Department, has the right to revoke permission for this activity at any time, especially for violations of safety rules and school rules. There is no three strike rule.



I, _____, have read the above information and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the weight training program.

Please be advised that the Opeha Safety Guidelines for weight lifting outline that a teacher supervisor be in the area. Your student will not be provided with any programming. They will be able to consult or check in with the gym/ weight room teacher on duty.

I am aware that weight training is a HIGH-RISK SPORT and that practising or competing in weight training will be a dangerous and unpredictable activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practising and competing in weight training include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the musculoskeletal system, and serious injury or impairment to other aspects of my body, general health and well-being.

Because of the dangers of weight training, I recognize the importance of following the supervising teachers' instructions regarding techniques, training and to agree to obey such instructions. I have read the above warning and understand its terms.

I understand that weight training is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the aforementioned rules & risk, permitting my child to participate in weight training activities in the open gym/weight room at lunch, I hereby assume all the risks normally associated with weight training and agree to allow my child to participate in open gym and weight training activities.

We also acknowledge that it is our responsibility to provide for any medical, disability or other health information that might be relevant to my child's participation in this activity.

By signing below, I certify that I have read the above, understand its content, and agree to its terms.

Student's Signature

Date

Parent's/Guardian's Signature

Date