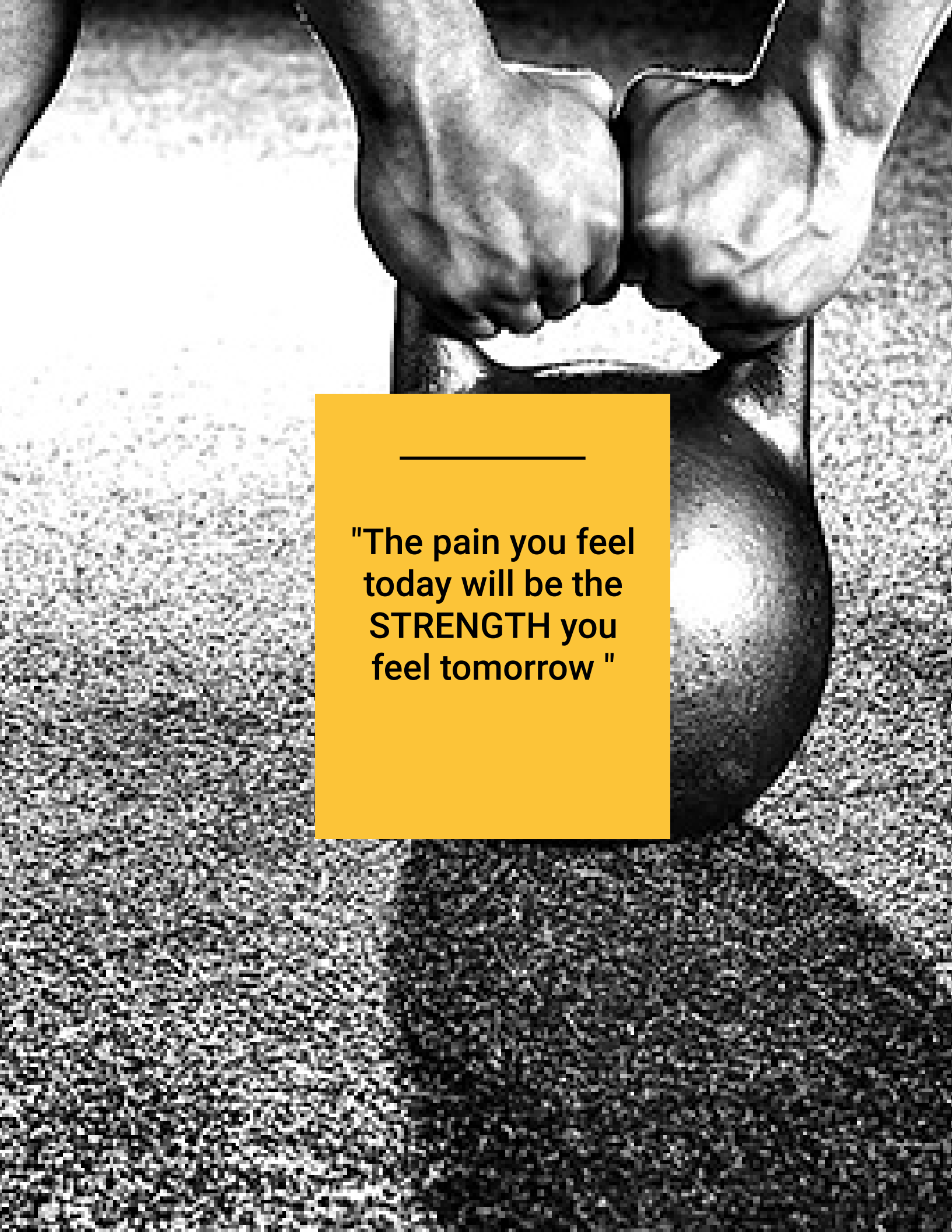


COME
GROW
WITH US

Earl of March Secondary School Weight Room Manual

4 The Parkway
Kanata, ON
K2K 1Y4



—

"The pain you feel
today will be the
STRENGTH you
feel tomorrow "

THE WEIGHT ROOM...

INTRODUCTION:

The facility is open to the students & teachers at lunch Monday through Friday unless otherwise specified. They can stretch, foam roll, work on their muscular endurance, strength and cardiovascular endurance. Their will be a teacher supervisor in the area. Students are asked to seek clarification and advise from the supervising teacher if they need help before attempting an exercise that might be unsafe. This is a great opportunity for students to blow off steam, work on their physical health, clear their minds, make new friendship and achieve overall wellness during their lunch break.

WELLNESS:

Is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and **growth**.

"a conscious, self-directed and evolving process of achieving full potential."

- The National Wellness Institute

FITNESS ROOM:

The fitness room is available to those that have a read this manual, read and signed the weight room safety rules during lunch. There must be a minimum of two people in the weight room as it's not safe to lift weights by yourself. Always ask the teacher supervisor to help you in the weight room if you are trying something new. We highly recommend that you have experience lifting weights, have completed and orientation at a local recreation center or gym (ex: GoodLife), or have taken a personal fitness course. Do not drop the weights on the floor. Return the weight equipment to the proper storage location when you are done. Please don't be offended if the teacher supervisor corrects your technique. This is in your best interest, to ensure you do not get injured.



WHY FITNESS MATTERS:

It's a well-known fact that physical activity is a key component to maintaining optimal health. Being active helps with weight management, reduces increased heart rates to normal ranges, and helps maintain a healthy blood pressure, among many other benefits. But did you also know it could help with your mental health as well?

First, fitness provides you with a mental break by concentrating on something other than your work, family or anything else that might be stressful. Concentrating on the exercises you're performing at the gym, focusing on the intervals you're completing in your running program, or following your opponent while playing a sport, all increase the chances that you will not think of the stressful components in your life, but rather on the task at hand.

Second, physical activities redirect your thoughts as well as manage your stress response. Studies show that physical activity increases the concentration of the hormone norepinephrine in brain regions that are involved in your body's stress reaction. This chemical is thought to play a major role in modulating the action of other chemicals in the body that play a direct role in your stress response.

Physical activity also benefits your mental health. Some psychologists believe that physical activity improves your body's ability to deal with stress through regular practice. It forces the body's physiological systems to communicate with each other much more closely than usual. This might be the core benefit of physical activity since the more sedentary we become the less efficient our bodies are in response to stress. There are of course other equally important mental health benefits, including: increased self-esteem, improved sleep, reduced feelings of anger or frustration – just to name a few.

Here are a few guidelines you should follow before you start your fitness plan:

- **Consult with your doctor:** Make sure there is no medical issue, especially if you haven't exercised in a while or if you have a pre-existing condition.
- **Walk before you run:** Build up your level of fitness gradually.
- **Do what you love:** Any form of physical activity can increase your level of fitness. Choose something you love and it will be a lot easier to do regularly.
- **Schedule it:** Plan in advance when you will do your activity.
- **Be selfish –a little bit:** Take time for yourself. If you don't, you will not be able to be there for others.



SAFETY GUIDELINES & RULES

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
-

CHANGE ROOMS

There are bathrooms and change rooms in both of the Health & Physical Education hallways. Students have access to these as well as their lockers.

Change rooms are for daily use only. Please remove your belongings after your workout. Please do not leave backpacks, books, towels or bags over night.

EMERGENCY PROCEDURES

If any injury occurs, please tell the teacher supervisor, and healthy & physical education teacher or contact the main office immediately. First Aid supplies are available and will be dispensed with discretion by the staff member on duty. Accident report forms must be completed by each injured party. Please cooperate fully with this procedure.

FIRE, SAFE SCHOOLS, & LOCK DOWN PROCEDURES:

The fire alarm is a fluctuating warble siren. In the event of a fire, a staff member will direct you to the nearest exit and you will remain outside until you are instructed it is safe to re-enter by the Fire Department, your administration or a teacher. Fire alarms and extinguishers are located in the building.

In the event of a safe school, continue to use the weight room however, please note that you are not allowed to leave the room until the supervising teacher tells you it's clear to or there's a school wide announcement. If the teacher supervisor gives a student the direction to cease activity, the student must oblige.

If there's a school wide lock down, all activities will stop immediately. Lights will be turn off in the weight room, doors locked and students will hide until an "all clear" is announced.

