

West Central School District 49-7

WEST CENTRAL WEIGHT ROOM RULES

1. All students using the weight room must be supervised by an adult (21 years of age or older) who has taken courses in Prevention & Care of Injuries and/or First Aid.
2. All West Central students using the weight room must have a physical on file with the school.
3. All student lifters must lift with a partner. A single individual in the weight room is not permitted.
4. No food, beverages, etc., other than water, allowed in the weight room.
5. Shoes must be worn at all times in the weight room.
6. Coats, duffle bags, etc. should be left outside the weight room.
7. Serious lifters only. No horseplay or profanity allowed.
8. Individuals on in-season team weight lifting programs take priority over groups or other individuals.
9. All weights should be racked and lifters must pick up before leaving.
10. Respect other lifters.

Policy:

Adopted: 5/11/92

Reviewed: 1/14/13