

# Weight Room Guidelines

- Students are not permitted in the weight room without a coach or weight room supervisor present.
- **NO** horseplay at any time.
- Optimize your time – **NO LOITERING**. The weight room is not for social gatherings!
- Food, soda, or gum is **NOT** permitted in the weight room. Water only!
- Cell phones may **NOT** be used in the weight room.
- Do not bring personal equipment, bags, extra clothing, etc. into the weight room. All personal items must be stored in the locker room.
- All users must follow the following dress code policy:
  - Wear workout clothes – closed toe/heel shoes, t-shirts, shorts, sweats, etc.
  - No open toe shoes, sandals, jeans, hats, are permitted when working out.
  - Shirts must be worn at all times and must reach the waistline of shorts.
  - Shirts must also have an acceptable modest neckline.
  - No midriff exposure is permitted and no side-slit shirts are permitted.
  - Pants will be at waist level with no undergarments visible.
  - Writing on shirts will be appropriate with no alcohol advertisement or double meaning.
  - No writing on the seat of any garment is permitted.
- Do not enter the weight room with mud or sand on your shoes. No cleats permitted.
- Be sure to file your folder after your workout and return pens and timers to the filing cabinet.
- Always use correct lifting technique and never lift more weight than you can safely handle.
- Share equipment – If others are waiting to “work in,” allow them in between your rest periods. Also, if someone allows you to “work in,” be respectful of them and complete your exercises at a reasonable pace.
- Safety collars must be used on Olympic bars at all times. Please use a spotter when necessary.
- Remove the weights from the bars and return all equipment to its proper place when you are finished at a station. Do not put heavy weights on top of smaller weights.
- Wipe down your exercise equipment after use and wipe the sweat from the pads with a towel and cleaner when you finish at a station.
- There is a 20-minute maximum time limit on all cardio equipment during busy times. Please be courteous to others who are using the facility.
- Take care of the equipment and report damages or misuse to the supervisor.
- Weights may not be removed from the weight room.
- Be courteous and treat all people with respect.
- The supervisor controls the stereo and only pre-approved music is permitted.
- Everyone needs a lifting/workout program. See the weight room supervisor, strength training instructor, or a coach for assistance.