

# **Weight & Fitness Room Rules**

**Students may not use the weight room without school-approved adult supervision.**

Shirts and closed toe shoes required on all workout floors. Boots, open-toed, open-heeled, or other hard-toed shoes are not permitted.

Bullying and Harassing behavior will not be tolerated. Respect each other. Everyone has equal rights to the equipment. Horseplay is never permitted.

Injuries must be reported to adult supervisor immediately.

Rack weights and dumbbells after use. Do not leave weight plates and bars on the floor or leaning against a wall.

Maintain control of the weights at all times. Weights may not be dropped or thrown.

Clean equipment after use.

Always use a spotter. Above head lifts are not permitted without school-approved adult assistance.

Check all cables, pins, and seats prior to use. If cables are damaged or frayed, discontinue use and notify adult supervisor immediately.

**IN THE EVENT OF AN EMERGENCY ALWAYS CALL 911**