**BARK RIVER – HARRIS SCHOOLS**

**WEIGHT ROOM USE**

**POLICY/PROCEDURES**

**PURPOSE:** The purpose of this policy is to allow for the safe and efficient use of the weight room and all equipment contained within.

**GENERAL STATEMENT OF POLICY:** Bark River – Harris School encourages safe and maximum use of school facilities and equipment for school purposes.

**APPLICATION:** This policy shall apply to all individuals and groups who use the weight room facility.

**GENERAL USE OF WEIGHT ROOM FACILTY:**

1. Students of BRH, regardless of age, must be under the supervision of an Approved Supervisor while using the weight room facility.
2. Only members of the BRH Athletic Department, the Athletic Trainers, or individuals who have received prior approval from the Athletic Director, who have been properly trained and/or oriented to specific program structure, are to act as an Approved Supervisor in the weight room facility.
3. A current student cannot be an Approved Supervisor.
4. In order to be an Approved Supervisor, he or she must demonstrate an understanding and the ability to instruct proper use of equipment and technique of lifts. He or she must also demonstrate the ability and willingness to enforce all rules.
5. A list of Approved Supervisors will be maintained by the Athletic Director and will be posted in the weight room facility.
6. BRH employees and their spouses may use the facility unattended. User must use good judgment when deciding what exercises to perform alone.
7. Inexperienced students/student‐athletes must be given proper instruction prior to being allowed to use the facility (via group orientation or a one‐on‐one appointment with the individual designated by the superintendent).
8. Anyone wishing to use the facility outside of the posted hours of Monday through Friday, 6:30 am to 9:30 pm must make arrangement in advance with the Athletic Director and/or Coach, who will follow the above rules for use of the facility.

**WEIGHT ROOM POLICIES:**

1. Only Bark River – Harris students, faculty, and staff are permitted to use the weight room. Spouses and children of staff may utilize the weight room. Children must either be in high school or college, i.e. once children graduate college, they will not be able to utilize the weight room. Staff’ spouse and children are only able to utilize the weight room if they are with the staff or an Approved Supervisor.
2. No food or drink, with the exception of plain water, are allowed in weight room. No supplements of any kind are allowed in the weight room.
3. Appropriate music and noise volume at all times.
4. No profanity.
5. It is recommended that lifters use spotters on every set, including warm‐ups. A spotter is necessary when lifting heavy weights.
6. All lifters should use collars while doing any lift, which is even slightly dangerous (overhead lifts, bench press, incline press, etc.)
7. Weights are to be moved from the racks to the bars only. They are never to be thrown on the floor or left there. After each session all the weight plates and apparatus should be picked up off of the floor and racked or put in the proper place. Since heavy weights can be a problem for the next lifter to remove, no weight should be left on the bars.

**WEIGHT ROOM DRESS CODE POLICIES:**

1. FOOTWEAR: Shoes are to be worn at all times. Only certain athletic shoes are permitted. These would be sneakers, tennis, basketball, jogging, volleyball, training, running, wrestling, lifting, or running shoes. Dress shoes, flip‐flops, sandals, open‐toe, and deck shoes are not permitted. The only exception is a pair of hiking/work boots for those who prefer to do the squat exercise in them because of the raised heel. Shoe laces must be tied at all times to prevent slipping and tripping.
2. LOWER BODY WEAR: Participants are required to wear either workout shorts, warm‐ups, or sweat pants. Blue jeans, dress pants, fatigues, cut‐offs, non‐athletic dress shorts are not permitted.
3. UPPER BODY WEAR: T‐shirts, sweatshirts, or warm‐ups are required. Dress shirts, shirts with bottoms, and cut‐up tank tops are not allowed. Shirts showing profanity will not be permitted.
4. HATS: Athletic caps are acceptable, but not recommended. Dress hats are not.
5. GLASSES: Prescription glasses are permissible. Sunglasses are not permissible, unless accompanied by a doctor’s note indicating the necessity.
6. JEWELRY: Any jewelry that may cause possible injuries to the lifter is not permitted, including rings and necklaces. Small earrings and items that cannot possibly inhibit a lifter or cause injury may be approved.
7. ELECTRONICS: Ear buds / headphones are not permitted in the weight room. Only the weight room supervisor is able to use their camera. Athletes are only able to use their cell phone in the weight room for weight lifting apps.

**WEIGHT ROOM RULES:**

1. Warm-ups/Flexibilities MUST be done before and after weight training. NO EXCEPTIONS!
2. Proper workout attire should be worn at all times. Be dressed to work out and be prepared to move freely without restrictions. Workouts may cause a certain amount of perspiration; dress accordingly.
3. Horseplay will not be tolerated.
4. Encourage each other rather than harassing or bringing an achieving student‐athlete down.
5. Always use good judgment when lifting and spotting. Do not show off.
6. Respect each other. We all have equal rights to the equipment.
7. Always pick up areas that you worked in. Don’t expect someone to clean up behind you. They will not.
8. Wipe down equipment after each use.
9. An Approved Supervisor will open the weight room during operating hours.
10. Neatness and respect are of great importance to maintaining a proper weight‐training atmosphere. With this in mind, consider this YOUR room and let’s keep it a first-class operation. Remember: “Abuse leads to restrictions.” Lack of cooperation will lead to closing the doors to the room until proper respect is shown.
11. Weight plates and bars should be kept on the trees, equipment, or in the areas provided for them. All of these items should be returned to their original locations immediately after use.
12. Weights should not be thrown or dropped to the floor from any lifting position. Please keep the weights off of the floor; proper storage areas are provided.
13. Collars should be used on the weight bars when attempting heavy or record lifts.
14. Please use spotters when attempting heavy lifts.
15. Correct form must be stressed in all lifts. SAFETY first.

**SUPERVISOR RESPONSIBILTIES:**

1. Ensure that the policies herein are being followed and communicate any non-compliance to the Athletic Director.
2. Ensure that the users being supervised have been properly instructed on how to use equipment and perform exercises.
3. Remain in the weight room facility for the duration of the workout and be available to spot/instruct, if needed. The small gym may be an extension of the weight room if a coach is having practice in the small gym and is an approved supervisor.
4. Once the workout is over, ensure the equipment is racked properly, all users have exited, and lock the facility.

**LIFTER RESPONSIBILITIES:**

1. Follow the Bark River – Harris School weight room dress code policies.
2. Follow the Bark River – Harris School procedural weight room policies.
3. If a lifter is injured in any way that will inhibit either a portion of the workout or the entire workout, he should first see the Athletic Trainer to explain what happened, prior to using the facility.
4. Read, understand, and follow the weight room policies.
5. Check the weight loaded on both ends of the bar before each lift. Loading errors are found too often by unsuspecting lifters.
6. Use proper technique when lifting. If any questions arise, seek designee.
7. Follow the program and weights as directed by your program.
8. Stay with the bar in the event of a missed repetition.
9. Report any equipment damage to the Athletic Director, so possible problems can be prevented.
10. When finished lifting in one area, take all weights off the bar and return them to their proper location.

**SPOTTER RESPONSIBILITIES:**

1. Aid in loading the bar to the desired weight.
2. Check both sides of the loaded bar to ensure that each side is equally balanced.
3. Make sure the collars are on tight so the weight plates cannot shift or slide off the bar.
4. Know and practice the proper lift‐off technique, if the lifter calls for one.
5. Carefully observe the lifting mechanics of the lifter being spotted.
6. Know how many repetitions the lifter is attempting and whether he wants to perform forced repetitions.
7. Be alert and in the proper spotting position. A spotter will be of little assistance to a lifter in need if he is out of position or sitting down on the job.
8. Always use two hands while spotting or helping the lift or raise the bar
9. Keep hands off the weight rack uprights. If the lifter suddenly decides to rack the bar, the spotter’s fingers or ands will be hurt.
10. Be ready for the unexpected. That is when a spotter is really needed.
11. As needed, assist the lifter if he fails to complete a repetition with moderate force. The spotter should only give as much help as needed in order to complete the repetition. Do not over assist or jerk the weights away from the lifter.
12. Encourage the lifter, should they want it. Some lifters prefer enthusiasm, while others perceive it as a distraction.

**CONSEQUENCES:** Failure to adhere to the weight room policy above will result in discontinued use of the facility, as follows: This is a privilege

1. First Violation: One-month suspension from use.
2. Second Violation: One-semester from use.
3. Third Violation: One-year suspension and then appeal to the Athletic Director for reinstatement.

I have read the Weight Room Use Policies and Procedures and had an opportunity to have all my questions answered by an Approved Supervisor. 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.

I am aware that weight training is a HIGH-RISK SPORT and that practicing 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 practicing 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 muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in weight training may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of weight training, I recognize the importance of following coaches' and Approved Supervisors instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

I have read the above warning and release 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 Bark River – Harris School District permitting my child/ward to participate in weight training activities including practicing or competing, I hereby assume all the risks normally associated with weight training and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family. I further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of 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 Printed Name Student’s Signature Date

Parent’s Printed Name Parent’s Signature Date