

GALION CITY SCHOOLS WEIGHT ROOM POLICY

2 locations:

472 Portland Way N. Galion, Ohio 44833 Room D113

6 Heise Park Lane Galion, Ohio 44833

PURPOSE: This policy outlines the permissible, safe and efficient use of the District's weight room and its equipment.

APPLICATION: This policy shall apply at all times to all persons using the weight room.

GENERAL USE OF WEIGHT ROOM:

1. Only school district personnel (i.e. coaches and physical education teachers) or individuals who have received prior approval from the Administration or Athletic Director may act as supervisors in the weight room.
2. Supervisors must be certified in the use of the equipment, AED, CPR and care of injuries.
3. At least one supervisor must be physically present in the weight room whenever students are using the facility.
4. No one, including weight room supervisors, is allowed to use the weight room alone.
5. Inexperienced students shall be given instruction by a qualified coach prior to any weight room activity.
6. Only Galion Middle School/ High School athletes, and staff are permitted to use the weight room. All use of weight room by non-students shall be in accordance with Galion City School District Board of Education Policy 7510 and accompanying Administrative Guideline 7510A, and shall only be for purposes of conducting exercises consistent with weight room purpose and use.

7. Weights are to be moved from the racks to the bars only. They are never to be thrown on the floor and left there. After each use, all the weight plates and apparatus must be put in their proper places.
8. Inappropriate behavior [as determined by the supervisor] will not be tolerated; all patrons will exhibit respect for everyone in the weight room. Persons who do not pick up after themselves, who are uncooperative, who do not follow policy, who exhibit inappropriate behavior, and/or who practice unsafe lifting, will lose their weight room privileges.
9. **NON-STUDENTS:** Alumni who are current college athletes may be permitted to use the weight room. These individuals must submit the signed *Galion CSD Use of Weight Room Policy Statement* and signed *Galion Weight Room Facilities and Equipment Liability Waiver* form before they can be approved for weight room access.
10. **ADDITIONALLY:** Approved Non-students are expected to be positive role models for our student athletes. Lifting techniques, language, work ethic, etc., must conform to a high standard. **Non-student** guests must work out during Team sessions and must be supervised.

Galion CSD Use of Weight Room Policy Statement

I _____ have read and understand the Galion CSD Weight Room policy. I agree to fully abide by all the provisions outlined in the policy and understand that failure to follow the provisions outlined in this policy could lead to losing the privilege of using the weight room. I understand that I should always lift with a spotter and must never be in the weight room alone.

Signature: _____ Date: _____