**Weight Room Guidelines and Procedures**

NO gum, food or drink permitted in the weight room.

Students are not to bring books etc to weight room. These items can be safely stored in the change room.

NO weight room equipment is permitted outside the weight room.

Weight room users should be working with a spotter at all times when using the universal machine, free weights or floor equipment.

Weight room users need to be aware of other people in their general area at all times to avoid injury.

Put all equipment away each time it is used.

Wipe down your machine/equipment after use.

Do not attempt to use any equipment you have not been taught to use by your teacher.

Students misusing equipment will be given a warning. Any further misuse will result in loss of equipment use privilege. An alternate assignment will be provided.