



St Pius Gym and Weights Room - Policies & Procedures for Staff and Student Users

1. PE staff with knowledge or experience with weight training/cardio exercise equipment and fitness training experience will have permission to use the facilities and supervise other students and staff.
2. Prior to participation, all students and other staff members should complete an orientation to go over the common risks involved in strength training, the proper execution of various exercises, and the possible consequences if proper technique is not employed. Appointments can be scheduled at the PE Office.
3. The School Gym should not be used by staff during normal school hours due to complications with Worker's Compensation Insurance issues. The Gym can be used before school and from 3.30 until 6pm on school days. On weekends and during holidays, the school's Working Alone Policy must be adhered to.
4. It is highly recommended that employees workout with at least one other person present in the weight room to decrease potential risk of injury or in case of an emergency.
5. Only St Pius staff members may use the facilities. Use of all facilities outside of PE classes and Friday sport is at your own risk. The CSO, school and its employees are not responsible for personal injuries.
6. Gym users must follow directions and safety instructions given by supervising staff.
7. Gym users should be considerate to other students/staff, and respect individual rights.
8. Do not abuse other patrons, staff, facilities, or equipment.
9. Lifters should use extreme caution in lifting weights to avoid potential injuries to themselves or others.
10. All weight training should be performed in a controlled, safe manner. Dropping, slamming or bouncing of weights is prohibited.
11. All equipment must remain in the area it was placed. Do not move equipment from one location to another.
12. All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
13. Do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.
14. Equipment may not be removed from the Gym at any time for any reason.
15. DO NOT lean or stand weights against the walls, pillars, benches or equipment.
16. Re-rack dumbbells and weights in the proper order after use.
17. The use of collars is recommended on the end of the bar for all exercises.
18. No one should squat outside the squat rack.
19. Lifters should use spotters for all exercises that involve moving the bar overhead, over the chest and/or when racked on the back or shoulders.
20. Any injuries while using the Gym must be reported to the supervisor or PE staff member. Depending on the nature and severity of the injury, an Accident Report may need to be completed at Student Services.
21. All users must comply with decisions made by the PE staff.
22. Unauthorized use of video recording devices and photography is prohibited.
23. It is your privilege not your right to use this room, and failure to follow any of these policies could result in loss of weight room privileges.

I have read through the above policies and procedures for use of the gym and weights and I agree to abide by the conditions outlined. I acknowledge that participation outside of school hours is at my own risk.

Name

Signature

Date

Adopted: March 2013
Reviewed: 2018