

FITNESS ROOM

PURPOSE:

This policy outlines the safe and efficient use of the fitness room and its equipment.

GENERAL STATEMENT OF POLICY

The School Board encourages the use of the fitness room for students and athletes. The fitness room may be available to staff as long as it does not interfere with student usage. Students have first priority for use of the fitness room under the supervision of the physical education teacher or coach, who has received the proper training. A list of trained staff will be available at the SAU office, Athletic Director and School office.

APPLICATION

This policy shall apply to all persons using the fitness room.

GENERAL USE OF THE FITNESS ROOM

- A. Only school district personnel (i.e. coaches and physical education teachers) or individuals who *have* received prior approval from the SAU. Supervisors must be certified in the use of the equipment, AED, CPR, and care of injuries.
- B. At least one supervisor must be physically present in the fitness room whenever students are using the facility.
- C. No one, including the fitness room supervisors, is allowed to use the fitness room alone.
- D. Inexperienced students shall be *given* instruction prior to any fitness room activity.
- E. Use of the fitness room by staff outside regular school hours must be approved by the SAU and a list of staff who completed the Fitness Waiver and Release of Liability form.
- F. Equipment will be inspected weekly by the physical education teacher and a logbook shall be kept recording the time, date, and status of the equipment for each inspection. Equipment that is damaged will be removed immediately and will not be returned until repaired by a certified technician or replaced. It shall be the responsibility of the adult authorized to use the fitness room to report on the equipment repair form any concerns with the equipment and tag the equipment, out of use.
- G. Employee use of the fitness rooms maybe utilized during their personal time, such as during breaks, lunch and before or after work, upon signing the waiver and release of liability and on file at the SAU. Employees shall not work with students unless authorized by the Athletic Director who will have a listing of staff eligible to train students.
- H. Spotters are required for all lifting activities, including warm-ups and cool-downs and weight belts must always be worn whenever squatting.

- I. Collars must be used while doing all lifts.
- J. 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 session, all the weight plates and apparatus must be put in their proper places.
- K. Inappropriate behavior (as determined by the supervisor) will not be tolerated; all patrons will exhibit respect for everyone in the fitness room.
- L. Persons who do not pick up after themselves, who are uncooperative, who do not follow policy, and/or who practice unsafe lifting, will lose their weight room privileges.

School Fitness Room Dress Code Policies:

- 1. **FOOTWEAR:** Clean athletic shoes should be worn at all times. Dress shoes, flip-flops, sandals, open-toe, and deck shoes are not permitted. Shoe laces must be tied at all times to prevent slipping or 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, and non-athletic dress shorts are not permitted.
- 3. **UPPER BODY WEAR:** T-shirts, sweat shirts, warm-ups, and unaltered tank tops are required. Shirts that have inappropriate logos on them will not be allowed at the supervisor's discretion. This includes, but is not limited to, items that advertise alcohol, drugs, or tobacco. It further includes celebrities, bands, racecar drivers, etc. that advertise such products. Clothing with pictures and/or slogans that infer, suggest, hint or imply an obscenity, or are offensive to any student, teacher, or employee will not be allowed.
- 4. Loose or dangling jewelry may not be worn in the weight room.

Pittsburg School Board: Adopted – June 16, 2014