



### **Contract for Use of Weight Room**

This contract is designed for the sole purpose to ensure safety, fairness, and proper etiquette in the weight room by all student athletes. There have been problems in the past with teams misusing the weight room and its equipment. These rules have been adopted, and will be strictly adhered to, to maximize the safety and efficacy of all student athletes who work out at Norfolk Christian Schools. The weight room is not a play area and all actions conducted in the weight room should be taken seriously. Severe injuries can occur when the weight room and its equipment are misused and/or abused.

Failure to uphold the outlined guidelines will result in disciplinary action from athletic department administration, NOT your coaches. The first infraction will result in a verbal warning. The second infraction will result in a written warning, notification of coach and parent, as well as a 3 day suspension from use of the weight room. The third infraction will result in a written warning, notification of coach and parent, a 10 suspension from the weight room, as well as supervised volunteer hours in the weight room (cleaning, organizing, etc.). The fourth, and final, infraction will result in complete expulsion from the weight room for the remainder of the specified season. To obtain weight room privileges after expulsion, the student athlete will be required to meet with their respective coach, the strength and conditioning coach, and a parent to discuss what changes will be made in the upcoming season.

Thank you in advance for adhering to these guidelines. These guidelines will ensure success in the weight room and on the field, as well as keep our equipment in the best condition possible.

Norfolk Christian School Athletic Dept.

## **WEIGHT ROOM GUIDELINES**

- Students are **NOT** permitted in the weight room without a coach or supervisor present\*
- NO** horseplay at any time; The weight room is a serious place where serious injuries can occur
- Utilize your time wisely- **NO LOITERING**. The weight room is not a hangout room or social room
- Food, soda, and gum is **NOT** permitted in the weight room- WATER ONLY!
- NO** cell phones in the weight room
- NO** personal items in the weight room. All bags, equipment, school items, etc, are to be stored in the locker room at all times. This eliminates items to be tripped over and also keeps them from being misplaced.
- All student athletes and coaches must be dressed appropriately- Closed toe/heel shoes, t-shirts, athletic shorts, sweats, etc. **NO** open toe shoes, sandals, jeans, or hats are permitted when working out. **NO** tight fitting clothing. Girls' shirts must reach the top of their shorts and have an appropriate neckline. Boys' pants will be at waist level with **NO** boxer shorts visible. Writing on shirts will be acceptable by the school dress code.
- Do **NOT** enter the weight room with sandy/muddy shoes. Absolutely no cleats in the building or the weight room.
- Be sure to file your folder back in the filing cabinet, along with any other supplies you used.
- Always use correct weight lifting technique and never move more weight than you can **safely** handle.
- Share equipment. Be respectful of those working out in the weight room at the same time. Allow other student athletes to use the equipment during your rest period. On the same token, if someone is allowing you to work in between their sets, be respectful of their time as well.
- Clips and safety collars are to be used on **ALL** free weights at **ALL** times.
- Remove the weights from the bars and replace all equipment to its proper place when you are finished at each station. Do **NOT** rack heavier weights on top of smaller weights.
- Wipe down your exercise equipment after use with the wipes located in the weight room.
- Take care of all of our equipment and please report any damaged, broken or misused equipment to a supervisor immediately.
- Weights, or any equipment/supplies, may **NOT** be removed from the weight room without permission from a supervisor.
- Be courteous and treat all people, peers and supervisors both, with the utmost respect.
- The supervisor or coach controls the radio at all times. Only preapproved music is permitted.
- Everyone must have an approved workout/lifting program. Please see the strength and conditioning coach for more information.
- Only Norfolk Christian students are permitted to use the weight room facilities. Norfolk Christian alumni are permitted if they receive approval from the Athletic Director and Strength and Conditioning Staff.  
**NO EXCEPTIONS!**

### **\*FOR SENIORS ONLY**

- Seniors are allowed to use the weight room without an adult present during the school day after checking in with the AD
- If the AD is not found, Seniors **may not** be in the weight room
- All** of the aforementioned rules must be followed
- Seniors **MUST** have another senior present to be in the weight room
- You must sign in and out on the log
- All Seniors must have passed a basic equipment safety training done by the athletic staff to enact this agreement

**Student Agreement**

I have read and understand the above guidelines. I agree to adhere to the above guidelines and understand that if I do not, I am subject to the consequences also outlined above.

Student Signature: \_\_\_\_\_

**Parent/Guardian Consent \*Two Parent/Guardian signatures are require\***

The undersigned is the parent or guardian of the student in this agreement and make this agreement for the purpose of enabling the student to use the Norfolk Christian Weight room and also to acknowledge that the student has agreed to the outlined guidelines. The undersigned person consents to the student using the weight room at Norfolk Christian and is aware of the risks involved in such use.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student:    Mother     Father     Guardian     Other \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student:    Mother     Father     Guardian     Other \_\_\_\_\_

**Athletic Department**

I affirm that \_\_\_\_\_ (senior student name) has been trained on proper use of weight room equipment and safety precautions.

Athletic Director Signature: \_\_\_\_\_