

## WEIGHT TRAINING FACILITY - SPECIAL PROVISIONS

The Colby School District weight training facilities may be used by students and district employees in a safe and orderly manner. Any other person wishing to use the weightlifting facilities must get prior approval from the Superintendent of Schools. (Contract for Use of School Facilities Form)

1. A supervisor (district employee or individual approved by the principal) must be present.
2.
  - A. Spotters are essential.
  - B. Unsafe use of weights is prohibited.
  - C. Any conduct not related to weight training is not allowed.
  - D. Proper clothing, in particular the wearing of shoes, is required.
3. Good judgment should always be used when lifting and spotting.
4. All users have equal rights to all equipment, therefore, users should respect each other - male and female alike.
5. Weight room users should encourage each other rather than harass or bring an achieving person down to a lesser level.
6. Lifters will replace equipment they use immediately after they use it.
7. All equipment will be returned to its proper location.
8. All persons who use the weight room facility are responsible for its proper use and can be denied same.
9. Each piece of equipment in the weight room has a designated purpose. It is not to be used in any non-intended manner.
10. Equipment is not to be removed from the weight room for any purpose. (Unless approved by the High School Principal, ie. Lift-a-thons)