



Book	Administrative Guideline Manual
Section	7000 Property
Title	WEIGHT TRAINING FACILITY - SPECIAL PROVISIONS
Code	ag7510
Status	Active
Adopted	August 19, 2024

#### 7510 - **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)

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