**Weight Room Rules and Responsibilities**

# General

1. The number one concern in the weight room is SAFETY.

2. Enter the weight room mentally and physically ready to work.

3. Proper attire must be worn while lifting. Gym shoes required.

4. There is absolutely no horseplay allowed in the weight room.

5. Return all weights to their proper storage area after use. Plates on the proper slots on the racks and dumbbells in the proper spot on the rack.

6. Be aware of other lifters in the area.

7. Do not go on cardio equipment without approval from instructor.

8. Do not bring heavy weight into cardio room.

9. Always use common sense. If you see potential danger, please report it.

10. If a machine breaks, please report it to the instructor immediately.

# Technique

1. Always wear a weight belt in all core lifts or when lower back is stressed.

2. Breathe in and out on each repetition.

3. Never bounce, jerk the weight, or arch your back while lifting.

4. Only use the amount of weight you are prepared to lift properly.

5. Never attempt “one shot lifts” you have not trained for.

# Free weights

1. Use collars on all Olympic bars.

2. Do not drop or throw weights on the floor.

3. Unload bars (evenly) when you are finished with them.

4. Use a spotter with core and overhead lifts.

5. When two or more weights equal one weight, change to that higher plate.

# Weight room etiquette

1. No sitting allowed (except while performing certain lifts).

2. Always be ready to help and encourage anyone who may need help.

3. Socializing should be done outside the weight room.

4. You must get permission before leaving the wt. room for any reason.

5. No food or drink is allowed in the weight room.

**SPOTTER’S RESPONSIBILITIES**

1. Know the proper spotting technique for each exercise. (Class)

2. Be alert – stress safety for the lifter.

3. Have enough spotters.

4. Know how many repetitions are going to be attempted.

5. Determine in advance the communication system that is going to be used with the lifter.

6. Watch for sliding weights. Instead of grabbing the bar, gently push the weights back on.

7. Have a solid stance – be prepared for anything.

8. Encourage and use constructive criticism.

9. Keep hands off of uprights during lifts

10. Report any accidents to the instructor immediately.