



## **LILA Athletics Department**

# **High School Student-Athlete Weight Room Rules**



These rules must be observed at all times.

Operating hours: Monday, Wednesday, Friday 4:00pm-5:30pm

The room may be used at any time under the direct supervision of a LILA coach.



**Only student-athletes with completed waivers that have been submitted to the athletics department may use the weight room.**

**No waiver means no weight room use.**

- Weight room is only open to **high school** student-athletes.
- No horseplay at any time.
- Maximum of **12 (twelve)** athletes can use the room at a time.
- Please follow school COVID-19 safety guidelines while using the room.
- Wash hands before and after use of equipment.
- Wipe down equipment after use with provided disinfectant wipes.
- The weight room must be shared.
- No food or drink (except for water bottles) or gum in the weight room.
- Do not sit on the various lifting apparatus during your rest interval.
- Wear proper lifting clothes.
- Proper shoes must be worn at all times. **No sandals or open toe shoes.**
- Do not slam the weights on the weight machines.
- A spotter must be used on all free lifting stations (ex: bench press, incline press, squats, etc.).
- Return all free weights to their correct weight racks and/or weight trees in the container.
- Report any injury to your supervisor or coach immediately.
- Never lift weights without a supervisor present in the room.