Fitness Room Guidelines for Students

1. Access to Fitness Room

- Any student member who has an underlying medical condition that could put her at risk of injury or
 over-exertion is responsible for consulting her doctor and reporting the condition to SMA phys ed staff
 before using the SMA fitness room
- No student is allowed in the fitness facility alone.
 - Gr 7 9 teacher/administrator must be present
 - Gr 10 12 another student in grade 10, 11, or 12 must be present

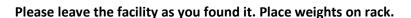
2. Use Outside of Class Time – Grades 10 – 12

Students in grades 10-12 are encouraged to use the fitness room before school (7:30 – 8:30 am), during spares and at lunch time. Students who wish to use the fitness room at any of these times must:

- Submit a workout program to phys ed teacher for approval
- Obtain a fitness room pass from phys ed. teacher and attach it to Go-Card
- Sign a copy of these guidelines and submit to phys ed teacher indicating you have read and agree with the guidelines
- if working out before school get the key from the office other times enter through the gym
- Place Go-Card/pass on counter when using fitness room (no pass no workout)
- During school hours phys ed. classes have priority use.
- **3. Prohibited Items:** The following items must not be brought into the fitness room:
 - No food or drink ONLY water.
 - No bags or coats
 - No cell phones or cameras
- **4. Clothing**: All users must wear appropriate workout clothing and footwear: sweats or shorts, t-shirt/sweatshirt, runners
- 5. Equipment and Safety:
 - Only staff and administrators may adjust TV, DVD and sound system controls.
 - Do not move or remove equipment from the area.
 - To ensure user safety, equipment should not be modified or used in any unintended manner.
 - Never interfere with a person who is lifting.
 - Use a 'spotter' when lifting heavy weight.

6. Courteous Use of Equipment

- There is a 30 minute limit on the cardio machines.
- Wipe down the equipment after use.
- Share the equipment and allow others to work in-between sets.
- Do not slam weights together or drop dumbbells on the floor.



I have read and understand the Fitness Room Guidelines and agree to abide by them.	
Print Name	_ Signature
Date	

