

# 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.

**Please leave the facility as you found it. Place weights on rack.**

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I have read and understand the **Fitness Room Guidelines** and agree to abide by them.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_