



Lowell High School Department of Educational Athletics Home of the Red Raiders

INTRAMURAL WEIGHT TRAINING & CONDITIONING POLICIES AND PROCEDURES

- The program is open to all Lowell High School Students
- Students must have a completed consent form and approved physical to participate.
- Students must sign in to participate
- This is a school activity LPS/LHS rules and policies apply
- Students must observe all safety rules and procedures for activities –

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
2. Notify the coach in advance of all maximum lift attempts.
3. Use a partner/spotter at all times. Stop and report absent lifting partner immediately.
4. Use only equipment you have been instructed to operate.
5. Wear proper footwear in the weight room at all times.
6. Clean up perspiration on benches with disinfectant.
7. Always use collars on bars, with no exceptions.
8. Weight training needs to be focused and serious. Horseplay will not be tolerated. Ensure that you are lifting within your known limits. Please see #2
9. Advise the coach if you are ill or have any prolonged symptoms of illness.
10. Advise the coach if you have been injured.
11. Engage in warm-up activities prior to strenuous participation.
12. Be alert for any physical hazards or hazards in the locker room or in or around the participation area. Advise coach of any hazard or concern.
13. Abide by all safety rules and school rules related to use of the facilities
14. The school has the right to revoke permission for this activity at any time, especially for violations of safety rules and school rules.
15. The student has no permission or authority to allow any other individual the use of the equipment.
16. Immediately stop using the equipment if any defect in the equipment is found, take the equipment out of commission, and immediately file a written report of the defect to the athletic department.

- **DO NOT USE ANY FACILITIES WITHOUT APPROVED ADULT SUPERVISION.** Students must be supervised at all times
- The weight room, wrestling room, cardio room, gymnasium and natatorium must be closed and locked when not in use.
- All accidents and/or injuries must be reported in writing.

