



Millennium High Weight Room Safety Contract

Millennium High strives to protect each student from possible injury while engaging in school-related activities. The safety rules and information identified below have been established to protect the student and others from injury and/or illness during participation. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment/clothing are important aspects of participation in a training regimen. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such guidance or adhere to standards may place the participant at risk.

Guidelines are as follows:

1. Weight room may only be used under proper supervision by a coach or administrator, with an advanced reservation.
2. Advise the coach of any poorly-fitted/defective equipment.
3. Notify the coach in advance of all maximum lift attempts.
4. Use a partner/spotter at all times.
5. Lift with one to three other people. You are accountable for your partners as well as yourself.
6. Use only equipment you've been instructed to operate.
7. Clean up perspiration on benches with disinfectant spray/towel after each use.
8. Bring your own towel.
9. Wipe down all machines used w/a wipe before exiting the weight room.
10. Always use collars on bars, **with no exceptions.**
11. Weight training must be focused and serious. Horseplay will not be tolerated.
12. Ensure that you're lifting within your own limits.
13. Advise the coach if you are ill or have any prolonged symptoms of illness.
14. Advise the coach if you have any injuries.
15. Engage in warm-up activities prior to strenuous participation.
16. Engage in a cool down at the completion of your workout.
17. Be alert for any physical hazards in or around the participation area. Advise your coach of any areas of concern.
18. Abide by all school rules and safety rules.
19. MHS has the right to revoke permission for this activity at any time, especially for violations of safety and school rules.

20. The participant has no permission or authority to allow any other individual the use of the equipment.
21. 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 your coach.
22. No food or drinks (other than water) are permitted in the weight room.
23. Return weights and other equipment to its proper place when finished.
 - a. RE-RACK YOUR WEIGHTS
24. Weight room equipment **may not be removed** from the weight room for any reason.
25. Use strict form on all exercises. No bouncing or improper arching. Every rep should be performed through a full range of motion.
26. Never lift above your ability.
27. It is recommended that a weight belt be worn for exercises that place a stress on the lower back and during sets with near-maximal or maximal loads. If you have high blood pressure or any other cardiovascular condition, wearing a weight belt could be dangerous. Please tell your coach if you have any such condition.
28. No bags are permitted on the floor. They must be kept in the locker room or along the outside wall.
29. Music is permitted through student headphones, or a coach operated speaker.

Spotter Responsibilities:

1. Exercises in which a bar or dumbbell(s) move across the face or above the head need to be spotted.
2. Exercises in which a bar is placed on the back/neck or racked at the front of the shoulders or clavicles need to be spotted.
3. Power/explosive exercises are typically not spotted. If a repetition cannot be completed, push forward on the bar to move the body backward and let the bar fall to the floor. Do NOT attempt to "save" a missed or failed repetition.
4. When spotting, always concentrate on the lifter.
5. Provide assistance and motivation to your partner during the work out.
6. Keep your partner SAFE by knowing who/what is going on around them at ALL times.
7. Help your partner with proper TECHNIQUE and FORM.
8. Count the number of reps for each set.

Dress Code Policy:

1. Wear proper footwear and active clothing in the weight room at all times.
2. No open toe shoes, sandals, jeans, hats, or cleats are permitted when working out.
3. Shirts must be worn at all times and must reach the waistline of shorts.
4. Shirts must also have an acceptable/modest neckline.
5. Undergarments must not be visible.
6. Do not enter the weight room with mud/sand on shoes.

I have read and understand the above information pertaining to safety guidance for weight room use. I also understand the necessity of using the proper lifting techniques while participating in any weight room activity.

I am aware that weight training is a HIGH RISK activity and that use of equipment in the weight room may be a dangerous and unpredictable activity involving many risks of injury. I understand that the dangers and risks associated with weight training include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, serious injury to virtually all internal organs, serious injury to virtually all bones, joints ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of participation in weight training may result not only in serious injury but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers associated with weight training, I recognize the importance of following coaches' instructions regarding technique, training and other team rules, etc, and agree to obey such guidance.

I have read the above warning and release and understand its terms. I understand that weight training is a high-risk sport involving many risks of injury including but not limited to those risks outlined above.

In consideration of the Tracy Learning Center- Millennium High permitting my child/ward to participate in weight training activities, I hereby assume all the risks normally associated with weight training and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees and for all members of my family. I further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

By signing below, I certify that I have read the above, understand its content, and agree to its terms.

Student Signature and Date

Parent Signature and Date