

Appendix N

Safety in Fitness Rooms

Please see [Fitness Activities activity page](#) in the Elementary Curricular module.

1. To qualify to use the fitness room:

- Athletes must be instructed in proper fitness and weight-training techniques and safety procedures, either in physical education class or a training session developed by staff with expertise. This should be reviewed as needed.
- Athletes must be made aware of inherent risks specific to fitness-centre activities.
- Athletes and parents need to sign a consent form prior to athlete's use of weight/fitness rooms (consult Appendix A).
- Athletes must have an identifiable pass/tag to enter fitness room and sign in and out of area.
- Only athletes training are allowed in the room. **No spectators.**

2. Supervision:

- Supervising coach must be on-site.
- Duties of the coach:
 - Check pass/tag of all athletes who enter fitness room.
 - Open and lock fitness room using procedure established by the school.
 - Determine that athletes are following posted rules and procedures.
 - Establish a procedure to regularly disinfect equipment.
 - Make sure the room is left in proper order.

3. Rules of Use:

- Minimum number of athletes using fitness room at any given time is two.
- Suitable clothing and footwear must be worn.
- No jewelry allowed in the fitness room.
- Procedures must be established so that the facility and equipment are inspected by a teacher/coach on a daily basis.
- A process must be in place so that equipment needing repair is identified, removed from use and repaired.
- Any violation of rules may result in some form of sanction being applied (e.g., suspension or loss of pass/tag, closure of fitness room).
- A process must be in place where fitness equipment is disinfected on a regular basis (consult with your school board's facilities services for appropriate/approved cleaning products).