

Appendix N

Safety in Fitness Centres and Weight Training Rooms

Please see Fitness Activities activity page in the Secondary Curricular module

1. To qualify to use the fitness/weight room:

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

2. Supervision:

- Supervising coach must be in the area.
- Fitness centres/weight rooms require an on-site monitor. Monitors may be educational assistants, retired teachers, parents, co-op students, teacher candidates or trained senior students. Monitors of the fitness centres/weight rooms have these duties:
 - Check pass/tag of each athlete who enters 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 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 is allowed.
- Procedures need to be established so that facility and equipment are inspected by a teacher/coach on a daily basis.
- Equipment needing repair must be 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).