

---

# Appendix O

## Safety in Fitness Rooms

---

*Also consult the Fitness Activities activity page in the Curricular module.*

### **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.

### **SUPERVISION**

Supervising coach must be on-site.

Duties of the coach include:

- checking the pass/tag of all athletes who enter fitness room;
- opening and locking the fitness room using procedure established by the school;
- determining that athletes are following posted rules and procedures;
- establishing a procedure to regularly disinfect equipment; and

- making sure the room is left in proper order.

## **RULES OF USE**

The minimum number of athletes using fitness room at any given time is two.

Suitable clothing and footwear must be worn.

Jewelry is not 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 (for example, 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).