

Appendix N

Safety in Fitness Rooms

Please see Fitness Activities activity page in the Secondary Curricular module

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

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

2. Supervision:

- Supervising teacher 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 passes/tags of all students who enter fitness room.
 - Open and lock fitness room using procedure established by the school.
 - Determine that students 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 students using fitness room at any given time is two.
- Suitable clothing and footwear must be worn.
- No jewelry allowed in the weight/fitness room.
- Procedures need to be established so that facility and equipment are inspected by a teacher on a daily basis.
- A process must be in place where 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.
- Students may use personal audio devices with headphones after initial instruction on any equipment that does not require a spotter or ongoing instruction. The personal audio device must not pose a safety hazard (e.g., headphone cord length).