

Strength Training Facility Rules and Policies

1. Prior to participation, athletes must receive a complete physical examination from the university's Medical Team.
2. Prior to participation, all athletes must undergo an orientation regarding common risks involved in strength training, the proper execution of various exercises, and the possible consequences if proper technique is not employed.
3. Only intercollegiate athletes are permitted to use the athletic department weight rooms.
4. Athletes are to have a workout program card from the Strength Coach, follow it, and record workout contents.
5. If an athlete has an injury that in any way inhibits a portion of the workout, have the athlete receive a modified program, outlining which movements are to be avoided and which ones may be substituted.
6. Athletes are required to use collars once there is more than one plate on the end of the bar.
7. Athletes should move weights from the racks to the bar only. They should never set plates on the floor or lean them against equipment. Athletes should return dumbbells to the rack in the proper order. They should not drop or throw weights or dumbbells.
8. Athletes should show respect for equipment and facilities at all times; spitting in or defacing the facility is not tolerated and will result in immediate expulsion.
9. The weight room requires concentration. Horseplay; loud, offensive language; or temper tantrums are not permitted.
10. The staff offices and telephones are off limits to athletes unless permission to use them is granted.
11. Athletes should wear proper training attire, particularly shirts and athletic shoes, at all times. No jeans or mid-riff shirts are allowed.
12. Athletes should utilize spotters when performing pressing and squatting movements.
13. Immediately report any facility-related injury or facility/equipment irregularity to the Strength Coach on duty.
14. Tobacco, food, chewing gum, glass bottles, cans, alcohol, drugs, and banned substances are not allowed in the strength training facility; plastic water bottles, however, are acceptable.
15. Supervisors are not responsible for users' personal belongings or lost or stolen items.
16. Athletes should keep feet off the walls.
17. Athletes should minimize the amount of chalk and powder on the floor.
18. All guests and visitors must report to the Office for signing of liability forms and approval for use of the facility.
19. Former athletes using an athletic department weight room must have their program preapproved by a Strength Coach and must sign a release form.
20. Athletic Department personnel can use these facilities for personal workouts if they do not interfere with the needs of the athletes.
21. Non-athletic department personnel will be allowed to use the facilities with permission of Athletic Director, after signing a waiver form. Recognized users may include athletes, students, guests, staff, faculty with permission, former athletes, family members, and visiting teams.
22. No one should squat outside of the squat rack.
23. The on-duty strength and conditioning staff member(s) have the authority over all weight room conduct and use of equipment and may expel an athlete from the facility for failure to follow instructions.
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Failure to follow any of these rules and procedures could result in loss of Strength Facility privileges.