

**MCQUAID**

**MCQUAID JESUIT HIGH SCHOOL  
FITNESS CENTER**

**Rules & Guidelines**

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### **Who is Eligible to use the Strength & Conditioning Room?**

Students in grades 6-12 will use the room as part of their Physical Education class. All Physical Education teachers will provide a training session to all students during the weight training and conditioning unit.

Faculty and staff may access the McQuaid Jesuit Fitness Center before or after school. During the school day, faculty and staff may utilize the Fitness Center so long as it is not in use by the Physical Education Department. The Fitness Center is not available for faculty/staff use during Flex periods. All faculty and staff must abide by the McQuaid Jesuit Fitness Center Rules and Guidelines, which requires all employees to undergo a mandatory training session.

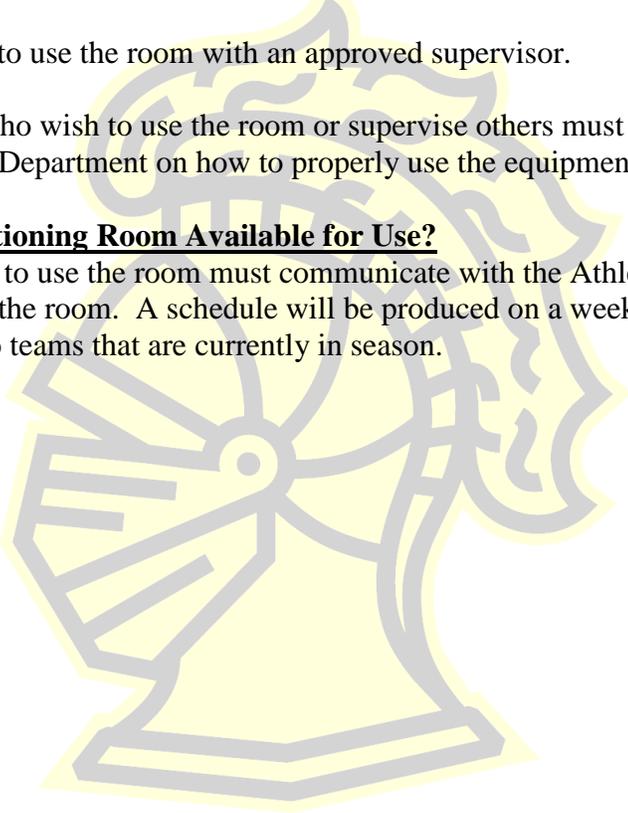
During non-school hours, the individuals/groups listed below may use the room:

1. Coaches may bring their student-athletes in to use the room as part of their sports practice. If a student is in grade 6, 7 or 8, they must be provided with a training session by the coach on how to properly use the equipment.
2. Students will be allowed to use the room with an approved supervisor.

\*\* All individuals listed above who wish to use the room or supervise others must have attended a training session provided by the Athletic Department on how to properly use the equipment.

### **When is the Strength & Conditioning Room Available for Use?**

All individuals/groups who wish to use the room must communicate with the Athletic Department as to the dates and times they wish to use the room. A schedule will be produced on a weekly basis and posted for others to view. Priority will be given to teams that are currently in season.



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## **Strength & Conditioning Room Rules**

1. There is absolutely no food, drink, or gum allowed in the room except for water.
2. Proper workout attire must be worn. This includes shorts or workout pants, t-shirt or sweatshirt, socks, and dry sneakers. Jewelry must be removed. No cleats allowed.
3. Do not bring personal belongings (book bag, purses, etc.) into the room. Leave all personal items in a classroom or in a locker. We will not be responsible for items taken or lost.
4. Users of the room must sign in upon arriving and sign out upon leaving in the log booklet. Teachers or coaches who bring their groups in to the room should simply sign the class or team in and out and the number of participants during that time period.
5. Please wipe down equipment after you use it. Disinfectant wipes/spray are provided in the room for this purpose. You may also bring a towel with you if you wish.
6. Absolutely no horseplay is allowed. All behavior must be appropriate and responsible.
7. Performing a proper warm-up and stretching before your workout is highly advised.
8. Use all machines properly and always work with weights that are within your ability. Do not attempt to lift weights that are way too heavy for you. Follow your prescribed weight lifting protocol.
9. Music equipment is available and encouraged to be used during workouts as long as the teacher or coach allows its use. iPod's and other portable devices are allowed upon the discretion of the supervisor.
10. Absolutely no dirty, muddy or wet sneakers are allowed.
11. Please notify the supervisor if you notice any equipment in need of repair.
12. Always use a spotter when using free weights and be sure pins are securely in place when using machines.
13. Never drop or slam your weights when you are done. Bumper plates are an exception.
14. Always put your weights away to their proper location when you are done using them. Do not leave them on the bars, machines, or leaning against things.
15. Use secure collars when using free weights to prevent weights from sliding.
16. Look around you before you attempt any lift to be sure the area is clear.
17. When using dumbbells, be sure the floor around you is clear of any other weights.
18. There may be a time limit put in place for cardiovascular equipment when people are waiting.
19. Report any injuries immediately to the supervisor.

20. Violations of these rules may result in loss of room privileges.

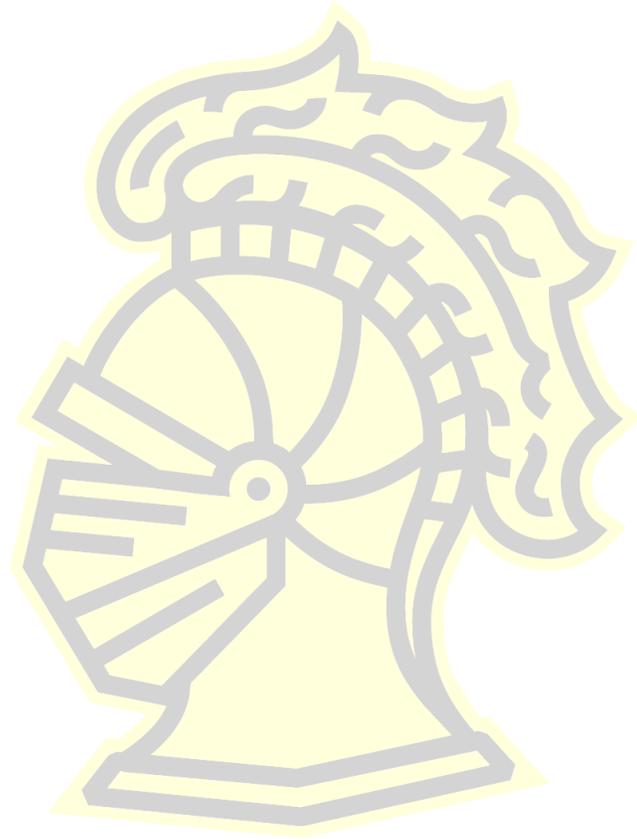
**Strength & Conditioning Room Responsibilities for the Supervisor**

Any teacher or coach who supervises a group of students in the room is responsible for the following:

1. Must be sure that all rules of the room are followed and each user has proper knowledge on how to use the equipment.
2. Must be present in the room and actively supervising during the entire time period the group is working out by moving about the room.
3. Must communicate with the Athletic Director as to any damaged or malfunctioning equipment. If a machine is not working properly, put up an "Out of Order" sign. Place any damaged items in the cabinet so that no one else is able to use them.
  - The Athletic Director will communicate what the next steps should be for removal or repair of any damaged items.
4. Must report any injuries to the school nurse and fill out an accident report as necessary.
5. Must make any emergency phone calls as necessary.
6. Must be aware that the closest AED is inside the Athletic Training Room.
7. Must have first aid supplies readily available in case injuries take place.

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