



WEIGHTS ROOM POLICY – STUDENT USE

Under certain conditions, students are granted the privilege of using the Weights Room. It is anticipated that students will respect this privilege by observing the guidelines relating to the environment, equipment and other users, as set out below.

Student Usage Terms

- Students using the facility must have undergone an induction process with the PE Head of Learning Area or a member of the PE Department.
- Students must follow all guidelines with regards to safety and hygiene.
- Students may only use the facility under the supervision of a member of the PE Department or a suitably qualified adult, at all times.
- Access is restricted to students in Years 10-12
- Any injury must be reported immediately to the PE Head of Learning Area or member of the PE Department.
- All equipment malfunctions or damage must be reported immediately to the PE Head of Learning Area or a member of the PE Department.
- Access into the weights room does not give students access to the other facilities (dance room, climbing wall, PE shed, basketball court).
- Students must remember to sign in when using the gym.

Induction Process

Any member of the PE Department (during PE classes), or the PE Head of Learning Area can conduct the induction process for the Nagle Weights Room.

The Induction Process will include:

- Orientation of the Weights Room and emergency procedures.
- Information on the safe use of the equipment.
- Instructions on hygiene and cleaning.
- Complete and return the Weights Room Induction Checklist. It must be signed by the student, parent/guardian and a current PE teacher/PE Head of Learning Area.

Failure to Comply

Failure to comply with Weights Room procedures and policy could result in the restriction of Weights Room access.



WEIGHTS ROOM INDUCTION CHECKLIST – STUDENT USE

Student Name: _____ **Date:** _____

I have read the <u>Nagle Weights Room Policy-Student Use</u> (see over).	
I have completed an induction on the equipment and understand how to operate it safely and respectfully.	
I understand that I must not exercise alone, or lift heavy weights.	
I agree to report any injury or equipment malfunctions immediately to a member of the PE Department or PE Head of Learning Area.	
I have disclosed any medical conditions that may impact on my personal or others safety, to members of PE Department or the PE Head of Learning Area.	
I agree to wear the correct PE uniform whilst training in the gym.	
I agree to be changed back into full school uniform in time for my next class.	

Signed (Student) _____ **Date:** _____

Signed (Parent/Guardian) _____ **Date:** _____

Signed (PE Department) _____ **Date:** _____