

**Morenci Area Schools**  
**WEIGHT ROOM POLICY**

**General Policy**

1. The purpose of this policy is to allow for the safe and efficient use of the weight room and all equipment contained within it. It shall be the responsibility of the athletic director to schedule the use of the weight room.
2. Only school district personnel (i.e. coaches, volunteer coaches and physical education teachers etc.) that have knowledge in the use of the equipment are to act as supervisors in the weight room.
3. At least one supervisor must be physically present in the weight room whenever anyone is using the facility and all weight room rules must be strictly enforced.
4. Inexperienced students are to be given instruction prior to being allowed to use any equipment.
5. Community usage will be permitted daily with an approved supervisor present (i.e. coaches, volunteer coaches and physical education teachers etc.) The Athletic Director will post the appropriate schedule.
6. Employee use will not be permitted during the employee's workday, except for student instructional purposes.
7. No student(s) will be allowed to lift by him/herself or without an approved adult sponsor.
8. The Athletic Director, will post the appropriate regulations governing the use of the equipment in the Weight Room.
9. Keys will only be issued to school district personnel (i.e. coaches, volunteer coaches and physical education teachers etc.) **NO EXCEPTIONS**

**Morenci Area Schools  
Athletic Department**

**Weight Room  
Community Agreement**

1. The community member agrees to follow all weight room rules.
2. The community member agrees to rack all weights after use.
3. The community member agrees to have a spotter at all times.
4. The community member agrees not to move any equipment from its current location.
5. The community member agrees to pay an annual fee of \$35 (due at time of registration).
6. The community member agrees to only use the weight room and equipment at Morenci Area Schools when the facility is open and scheduled for community use.
7. Violations of the agreement may result in loss of weight room privileges.

**I acknowledge the risks of beginning and continued participation in physical fitness activities. It is understood that Morenci Area Schools DOES NOT assume any responsibility in case of an accident.**

**I agree to abide by the stated responsibilities above, I am aware that violations of this agreement may result in loss of weight room privileges.**

Signature\_\_\_\_\_

Date\_\_\_\_\_

Address\_\_\_\_\_

Phone# \_\_\_\_\_

Approved By\_\_\_\_\_