***WARRIOR WEIGHT ROOM RULES***

**General**

\_\_\_\_\_ The number one concern in the weight room is SAFETY.

\_\_\_\_\_ SIGN IN

\_\_\_\_\_  Enter the weight room mentally and physically ready to work.

\_\_\_\_\_  Proper attire must be worn while lifting.

\_\_\_\_\_ There will be no SPITTING in the weight room.

\_\_\_\_\_  There is absolutely no horseplay allowed in the weight room.

\_\_\_\_\_  Return all weights to their proper storage area after use.

\_\_\_\_\_  Be aware of other lifters whom you are around.

\_\_\_\_\_  Always use common sense. If you see potential danger, please report it.

**Technique**

\_\_\_\_\_  Never sacrifice technique for weight.

\_\_\_\_\_  Breathe in and out on each repetition.

\_\_\_\_\_  Never bounce, jerk the weight, or arch your back while lifting.

\_\_\_\_\_  Only use the amount of weight you are prepared to lift properly.

\_\_\_\_\_  Never attempt “one shot lifts” or “max outs” with weights you have not trained for.

**Free weights**

\_\_\_\_\_  Use collars on all Olympic bars.

\_\_\_\_\_  Do not drop or throw weights on the floor.

\_\_\_\_\_  Unload bars (evenly) when you are finished with them.

\_\_\_\_\_  Use a spotter with core and overhead lifts.

\_\_\_\_\_ Never get under the bar without a spotter.

\_\_\_\_\_  When two or more weights equal one weight, change to that higher plate.

**Spotters**

\_\_\_\_\_  Spotters must always have their full attention on the lifter.

\_\_\_\_\_  Be in the ready position to help or free the lifter at any time.

\_\_\_\_\_  Do not allow the bar to tilt as the lifter performs the exercise.

\_\_\_\_\_  Use an over/under grip when spotting the bench press.

\_\_\_\_\_  Help guide the bar on and off the rack.

**Weight room etiquette**

\_\_\_\_\_  No sitting allowed (except while performing certain lifts).

\_\_\_\_\_  Always be ready to help and encourage anyone who may need help.

\_\_\_\_\_  Socializing should be done outside the weight room.

\_\_\_\_\_  You must get permission before leaving the weigh room for any reason.

\_\_\_\_\_  No food or drink is allowed in the weight room.

\_\_\_\_\_ Only appropriate, non-vulgar and non-offensive music will be played on the stereo.

\_\_\_\_\_ Inappropriate language or inappropriate behavior will result in loss of privileges.