

WILDCATS 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 weight 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.