

THE RISK OBSERVER

FITNESS ROOM AND WEIGHT TRAINING GUIDELINES FOR STUDENTS

1. Students must be dressed in proper gym class attire: i.e. warm up suit or shorts and shirt.
2. All requests made by the chaperone in charge must be obeyed at all times.
3. All pins used for weight stacks must be kept with the machines at all times.
4. Safety measures must be observed at all times:
 - Warm up with 5 minutes worth of stretching.
 - Stand clear of main frames and weight stacks so that fingers, hands and clothing do not get caught in any moving part of the machine.
 - Stand clear of dumbbell free weights as they are raised, lowered and moved.
 - No horseplay or loud behavior.
5. After using a particular machine, proceed to the next. Do not monopolize a certain piece or area of the room.
6. Report any change in the condition of the machines which might occur while in use as well as any injuries should one occur while you are working out.



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