



NAGLE
CATHOLIC
COLLEGE
EST 1994

STUDENT WEIGHTS ROOM POLICY

Updated: 2019
Due for Review: 2023

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.

Terms for Student Use

- Students using the Weights Room are to attend an induction with the Head of Learning Area – Health & Physical Education (HPE), the Sports Coordinator or a member of the HPE Department
- Students are to follow all guidelines with regards to safety and hygiene
- Students are only able to use the Weights Room when supervised by a member of the HPE Department
- Access is restricted to students in Years 10–12
- Students are to understand that this is not a heavy weights facility, and weights are to be lifted within the range approved by the supervising teacher
- Students are to follow the instructions of the supervising teacher and use a ‘spotter’ where necessary
- Students are to sign in when using the Weights Room
- Any injury must be reported immediately to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department
- Any equipment malfunction or damage must be reported immediately to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department
- Students are to disclose any medical conditions that may impact on their personal or others safety to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department
- Access to the Weights Room does not give students access to other facilities (eg Climbing Walls, Basketball Courts, Dance Room etc)

Induction Process

The Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department can conduct an induction for the Weights Room (including during PE classes).

The induction process includes:

- Orientation of the Weights Room and emergency procedures
- Information on the safe use of the equipment
- Instructions on hygiene and cleaning
- Completion and return of the Weights Room Induction Checklist – This is to be signed by the student, their parent/guardian and the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department and completed on an annual basis



The Sports Coordinator is responsible for collecting and storing the Weights Room Induction Checklists on an annual basis.

Failure to Comply

Failure to comply with Weights Room Policy may result in restriction of access to the Weights Room.



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WEIGHTS ROOM INDUCTION CHECKLIST – STUDENT USE

Student Name: _____

Date: _____

I have read the Weights Room Policy – Student Use.	
I have completed an induction and understand how to operate the equipment safely and respectfully.	
I understand that this is not a heavy weights facility, and weights are to be lifted within the range approved by the supervising teacher.	
I agree to report any injury or equipment malfunction immediately to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department.	
I have disclosed any medical conditions that may impact on my personal or others safety to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department.	
I agree to wear the correct PE uniform whilst using the Weights Room.	
I agree to be changed back into full school uniform in time for my next class.	

Signed (Student) _____

Date: _____

Signed (Parent/Guardian) _____

Date: _____

Signed (HPE Department) _____

Date: _____



WEIGHTS ROOM INDUCTION CHECKLIST – STUDENT USE

Student Name: _____

Date: _____

The Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department can conduct an induction for the Weights Room (including during PE classes).

The induction process includes:

	Completed
Orientation of the Weights Room and emergency procedures	
Students are to disclose any medical conditions that may impact on their personal or others safety to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department	
Students are to sign in when using the Weights Room	
Students are only able to use the Weights Room when supervised by a member of the HPE Department	
Any equipment malfunction or damage must be reported immediately to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department	
Information on the safe use of the equipment	
Students are to be shown the correct technique for each piece of equipment	
Back straight	
Bend your knees, not your back	
Students are to understand that this is not a heavy weights facility, and weights are to be lifted within the range approved by the supervising teacher	
Students are to follow the instructions of the supervising teacher and use a 'spotter' where necessary	
Any injury must be reported immediately to the Head of Learning Area – HPE, the Sports Coordinator or a member of the HPE Department	
Students are to understand that failure to comply with Weights Room Policy may result in restriction of access to the Weights Room	
Weights must be re-racked	
Instructions on hygiene and cleaning	
Always wipe down the equipment after use	
Use spray and cloth	
Completion and return of Weights Room Induction Checklist	
Signed by the student	
Signed by the student's parent/guardian	
Signed by HOLA HPE, Sports Coordinator or a member of the HPE Department	