



Weight Room Requirements

Utilizing this facility is a privilege, not a right. These rules apply to all students, coaches and staff who use the weight room. Many people dedicated time, money and resources to make this a first-class facility. When utilizing the room and equipment, respect the dedication of those who made this facility possible. Special thanks to the Blue & Gold Club, Marian administration and the individuals who helped.

Coaches Responsibilities

- 1.) Weight room must be supervised at all times. The goal is safety for all utilizing the facility. Proper lifting techniques and handling of weights should be observed. Spotters are required for olympic lifts.
- 2.) Coaches are responsible for enforcing all weight room protocols before, during and after utilizing the facility. Cleaning and disinfecting is required after all workouts. Coach is responsible for shutting off the lights and locking the door. Do not assume the janitor will do these.

Weight Room Protocols

- 1.) No food or drink allowed. Water bottles should be left in the hallway.
- 2.) Take care of equipment. Abuse of equipment will not be tolerated.
- 3.) Appropriate clothing required. This includes full t-shirts, athletic shorts or pants, and athletic sneakers.
- 4.) All free weights and dumbbells should be racked after use.
- 5.) When using free weights or dumbbells in the hallway, be sure to use a mat to protect the floor.
- 6.) No free weights or dumbbells used on wood platforms.
- 7.) When moving benches from half racks, pick the bench up and carry to place it will be used. Do not drag benches across "M" decals on wooden platforms.
- 8.) When coming into the weight room from outside workout, be sure to clean feet off before entering the building.
- 9.) Equipment, benches and weights must be cleaned and disinfected after every use.
- 10.) When using the weight room, be sure to leave it better than how you found it.

Go Big Blue!