

SERVICE HIGH SCHOOL ATHLETIC WEIGHT ROOM RULES

1) Students Must be Supervised by an Adult at All Times.

- No one is allowed in this room without a coach or teacher.
- For Day schedule see Mr. Rardin- PE Dept. Chair,
- For After school schedule see Mr. Caldarera Athletic Director.

2) Leave the Weight Room Cleaner than You Found it.

- All weights must be put back where they came from.
- If you borrow weights return them from the station you took it from.
- **45's on bottom, 35's, 25's, 15's, and 10's placed on top** pegs in order
- All balls and equipment properly stored in their designated areas.

3) Safety is a Priority in this Weight Room.

- Please spot each other with heavy lifts, use proper technique
- **“Better Light and Right, than Heavy and Wrong”**

4) Only Adults may Control the Music and Sound System.

- Inappropriate music not allowed.
- Ask a teacher or coach for suggestions

5) Food and Drink Not Permitted in the Weight Room

- Only exception; water is encouraged

6) When in Doubt Please ask for Help!

- Coaches and Teachers are here to help you.
- **Don't take a chance using something you are not sure about.**

THIS FACILITY IS FOR EVERYONE TO BECOME BETTER,
PLEASE RESPECT THE RULES OR YOU WILL LOOSE THE PRIVLEDGE TO BE IN HERE.
GO COUGARS!