Weight Room Usage by Staff

We have been discussing our staff using the weight room on and off for several years. Through that discussion, we have settled on what we believe we can do.

Any staff member who is interested in using our weight room can gain access by coming into the Central Office to get set up.

Guidelines:

- Sign a waiver.
- Understanding how to use the equipment.
- Limited to Staff members only.
- Agree to keep the weight room clean and organized.
- Report any worn or damaged equipment.

Availability:

- After school, when our Weight Room Supervisor is there.
- Until 10:00 p.m., when other teams are not in there, and you are accompanied by another staff member.
- From 6:00 to 7:30 a.m., when other teams are not there and you are accompanied by another staff member.

Waiver for use of weight room

I _____agree to the expectations laid out in this document. Any violations may result in denial of access to the facility.

Signature: _____ Date: _____