

**LTISD Department of Athletics**  
**Strength Training Center – Facility Use Procedures**

**I. Facility Use Rules:**

- 1) You must have clean shoes at all times. Clean your shoes as you enter the facility on the mats provided.
- 2) Flat bottom shoes are required. No shoes that have spikes or cleats.
- 3) Book bags or equipment bags of any type must be stored in the bag storage unit provided on the South wall or stacked neatly on the floor in this area.
- 4) The posting of signs or work out forms on the wall is prohibited. Use the sleeves attached to the chalk boxes.

**II. Prohibited Items:**

- 1) No drinks, food, gum, glass jars or containers, of any type in allowed in the facility. Drinking fountains provided on the West wall.

**III. Equipment use and dress:**

- 1) A coach or school staff person must be present in the facility during use.
- 2) All equipment must be replaced in its proper storage position when finished.
- 3) You must have a spotter at all times. Training alone will not be allowed.
- 4) Weights shall not be placed on the upholstered benches.
- 5) Weights shall not be dropped unless on the weight platforms while performing Olympic lifting.
- 6) When using chalk, dust your hands over the chalk box.
- 7) Use collars on the bars at all times.
- 8) When using the weight stack machines, lower the weights using control.
- 9) Bikes, treadmills & elliptical machines are to be used by athletes only when directed to by coach or athletic trainer.
- 10) This is a training facility and NO HORSEPLAY will be allowed.
- 11) Appropriate dress shall be worn. This includes shirts at all times.
- 12) Only LTISD facility staff shall be allowed behind the check-in counter.
- 13) Pens/pencils are to remain in the penholder on the writing tables.
- 14) Hand towels are required and all facility uses must wipe down the equipment they use when finished.
- 15) Do not place hands on the mirrors or windows.
- 16) Stacked boxes that are used on the Olympic platforms are to be replaced in front of the platforms when not in use.
- 17) Report any equipment that is loose, broken or needs repair immediately to the coach or LTISD facility staff.

**IV. Training Room:**

- 1) Facility use does not include the training room. No one shall be in the training room without a LTISD Athletic Trainer.
- 2) The training room is not to be used by anyone to enter the Strength Facility from the building dressing rooms.

**V. Check In Procedures:**

- 1) All uses of the facility shall sign in and out with they enter the facility and when they are through with their training routine.
- 2) The equipment in this facility is for strength training and cannot be used by children not in Middle School or older.
- 3) No unsupervised children will be allowed.

I have read these guidelines listed above and agree to follow each statement. I understand that not adhering to these guidelines will result in being removed or prohibited from using the Strength Training Facility.

Print Name: \_\_\_\_\_ Sign Name: \_\_\_\_\_

Date: \_\_\_\_\_