

## **Mermet Victorian Weightlifting Stadium Policies**

- Obtain, before participation, a medical check up.
- Attend, before participation, a staff or athlete orientation meeting
- No person may train unless a qualified coach is present in the Gym
- Use and fill out a workout program when training
- Obtain a modified program in an injury inhibits a portion of the program
- Use collars on the end of barbells
- Lift on the rubber insert plates on platforms
- Do not lean or stretch against in inappropriate areas.
- Return plated to racks in proper order
- Do not drop weight plates
- Ensure squat racks are secure when squatting
- Show respect for facility and equipment at all times, defacing the facility is not tolerated and will result in immediate suspension
- Do not engage in horseplay, use offensive language, or have temper tantrums
- Respect the staff offices and telephones and do not use without permission
- Wear proper training attire.
- Use spotters when attempting maximum squat or bench press lifts
- Report any facility related injury, or facility or equipment irregularity to the supervisor on duty
- Do not bring tobacco, food, chewing gum, glass bottles, cans, alcohol, to the facility. Plastic drinking bottles are acceptable
- Guard personal belongings, personal lockers are available.
- Do not wear jewellery such as loose necklaces, bracelets, hanging earrings or watches
- Minimize use of chalk.
- Understand that all guests and visitors must sign the form provided on entry.
- Check out all equipment leaving the weight room
- Understand that the on duty supervisor has the authority over all gym conduct and use of equipment and may ask any user to leave the Gym for failing to follow instructions. Such individual is expected to leave immediately without dispute.