



Policies and Procedures Manual

Title: Policy for Weight Room
Policy Administrator: Strength & Conditioning Coach
Effective Date: Mar-16-2009
Approved by: Director of Athletics

Purpose:

This policy is in place for the use of the Varsity Weight Room for Athletes.

Policy:

1.1 Varsity Weight Room Policies and Procedures

Coaches must demonstrate a commitment to the program outlined by the Strength and Conditioning Coach in order to accommodate the needs of all teams most effectively.

1. Coaches must hold their student-athletes accountable for attendance.
2. Workout attendance must be given the same priority as practice attendance.
3. Workouts must continue throughout the competitive season.
4. Student-athletes must work out on their assigned days at their assigned times.
5. "Optional" workouts will not be permitted.
6. The workout agreed upon by the Strength and Conditioning Coach and Head Coach must be performed. Individual workouts will not be permitted in the Varsity Weight Room.

If a team is unable to keep its commitment, the team will be asked to use the Student Weight Room.

1.2 Weight Room Hours

Weight Room hours will be from 8:00 a.m. to 6:00 p.m., Monday through Friday. Use of the Weight Room outside of those hours will be by appointment only.

Coaches may not conduct workouts in the Weight Room without the supervision of the Strength and Conditioning Coach.

Procedures:

1. If any scheduled team weight lift appointment needs to be cancelled , 24 hours of advanced notice must be given.
2. Athletes in “tryout” status will not be permitted to use the varsity weight room.
3. If an athlete is going to be excused from a workout for any reason, notification prior to the workout is required.
4. If an athlete cannot attend a training session because of an injury or illness, they must contact the strength and conditioning staff prior to the workout AND be excused by a medical professional.
5. No athlete shall be permitted to use the varsity weight room for any reason without supervision by a strength and conditioning staff member or their individual coach.

Forms:

Title
Title

Related Information:

Title
Title

Policy # 120000-005
Date of Last Review Jun-01-2011