

WEIGHT ROOM HANDOUT

Designing the Strength & Conditioning or Weight Room Facility

A. Location

- A weight room ideally should be located on a ground floor with accessible service entrances for moving heavy and bulky equipment in and out of the facility.
- Should not be placed above areas sensitive to sound or vibration, such as classrooms, office areas, and meeting rooms.

B. Access

- The facility must provide free unobstructed access: including all entrances, exit, walkways inside and outside the facility.
- Emergency exits must be clearly visible with an appropriate sign. Emergency exits must remain free of obstruction and be well lit.

C. Ceiling Lights

- High ceiling lights are to be used for clearance from low hanging items such as ceiling fans, beams, pipes, lights and signs.

D. Flooring

- Two most commonly used floorings are carpet and rubber flooring. Carpet has the advantages of being fairly inexpensive.
- Rubberized flooring can be purchased as interlocking rubber mat, which form wall to wall grid and provides a better shock absorbing cushion and more durable than carpet.
- Poured rubber surface is the most expensive and does not have seams as interlocking mats do, into which dirt and water can settle. It provides a stable surface for plyometric drills.

E. Environmental Factors

- Lighting
- Temperature range 72 – 78 degrees Fahrenheit
- Humidity 60%
- Air Circulation
- Sound Levels

F. Mirrors

- Lifting techniques are enhanced by strategically placing mirrors throughout the facility, so that athletes and strength and conditioning professionals can benefit from immediate feedback.
- Mirrors give the strength and conditioning professional an effective advantage point from which to monitor large groups of athletes training at the same time.
- When a mirror is cracked or broken, it needs to be replaced immediately.

G. Other Considerations

- Water Stations, Emergency Phone, Rest Rooms

----- Weight Room Policies -----

Red Bank Regional High School

- Obtain, before participation, a medical checkup from the sports medicine staff.
- Attend, before participation, a staff or athlete orientation meeting.
- Use and fill out a workout program card when training.
- Obtain a modified program if an injury inhibits a portion of the workout.
- Use locks on the ends of the bars.
- Use bumper plates on the platforms for power-oriented exercises.
- Do not wear weight belts if they could contact equipment upholstery.
- Move the weights from the racks to the bar only.
- Do not lean against equipment or walls.
- Return dumbbells to the rack in their proper order.
- Do not drop weight plates or dumbbells.
- Do not perform squatting types of exercises outside the squat rack.
- Show respect for equipment and facilities at all times; spitting in or defacing the facility is not tolerated and will result in immediate expulsion.
- Do not engage in horseplay, use loud or offensive language, or have temper tantrums.
- Respect that the staff offices and telephones are off limits to athletes unless permission is given.
- Wear proper training attire, particularly shirts and athletic shoes, at all times.
- Use spotters for structural exercises.
- 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, drugs, or banned substances in the facility; plastic water bottles are acceptable.
- Guard personal belongings, as the supervisors are not responsible for them.
- Do not wear jewelry such as loose necklaces, bracelets, hanging earrings, or watches.
- Keep feet off the walls.
- Minimize chalk and powder on the floor.
- Understand that all guests and visitors need to report to the office to sign a waiver form.
- Former athletes must have their programs pre-approved by a supervisory and sign a waiver form.
- Athletic Department personnel may use these facilities for personal workouts if they do not interfere with the needs of the athletes.
- Non-athletic Department personnel are allowed to use the facilities with permission of the Athletic Director after signing waiver forms. Recognized users may include athletes, students, guests, staff, faculty with permission, former athletes, family members and visiting teams.
- Check out all equipment leaving the weight room.
- Understand that on-duty supervisors have authority over all weight room conduct and use of equipment and may expel an athlete from the facility for failure to follow these instructions..

I _____ (print full name) have read and understand all of the _____ strength and conditioning facility rules and guidelines and hereby agree to follow them as written. I also acknowledge that my failure to simply with these rules and guidelines may result in my loss of strength and conditioning facility privileges for a specified period of time.

Signature _____ Date: _____

Name (print) _____

Adapted from Epley 1998 (3) and Staff and Facility Policies and Procedures Manual 1993 (6). Note: From Essentials of Strength Training and Conditioning. 2d. ed., by National Strength and Conditioning Association, T.R. Baechle and R.W. Earle (eds.), 2000, Champaign, IL: Human Kinetics.

Figure 25.10 Asking athletes to sign forms acknowledging they understand and will adhere to the rules removes and possibility of claims that they didn't know the repercussions of their aberrant behavior.