

ALMOND-BANCROFT SCHOOL DISTRICT
Board Policy Manual

835

USE OF THE WEIGHT ROOM

The District's weight room equipment may only be used by students enrolled in grades 6 through grade 12, or individuals 11 years of age or older. Any other age/grade exception must be approved by the building principal. The District's weight room equipment may only be used in accordance with this policy and established weight room rules.

- Use by District Students
District students will only be allowed to use the weight training equipment if they receive instructions in the use of the equipment from either a coach on staff or the physical education teacher, and have turned in a signed parent/guardian permission/waiver form. Students of adult age (18 years of age or older) may only use the weight training equipment if they have signed a waiver form and have received instruction in the use of the equipment similar to other District students.
- Use by Individuals who are Minors and Not District Students
Individuals who are minors and are not students in the District must have received proper training from their parent/guardian prior to using the weight training equipment, and have turned in a signed parent/guardian permission/waiver form.
- Use by Community Members - Community members will only be allowed to use the weight training equipment if they are knowledgeable with the proper use of the weight training equipment and have signed a waiver form.

Appropriate behavior rules for the weight room will be posted in the facility. Behavior that is not appropriate or endangers the safety of oneself or others will be cause for exclusion from the weight room.

LEGAL REF.: Sections 120.12(2) Wisconsin Statutes
 121.01(2)(i)

CROSS REF.: 835-Rule, Weight Room Rules
 835-Exhibit, Weight Training Permission/Waiver Form
 720, Safety Program
 830, Public Use of School Facilities

APPROVED: 8/20/02

REVISED: 10/15/08