

MVHS Weights Room

Student Training and Agreement

1. Always use the weights with an adult present
2. Use appropriate shoes and clothing
3. Sign into logbook before using the weights room
4. No food or drink permitted other than water
5. Clean and return equipment after use
6. Use machines and weights only as intended
7. If an injury occurs inform staff immediately.
8. Follow all normal school rules.

THE UNDERSIGNED STUDENT ACKNOWLEDGES AND UNDERSTANDS THAT LIFTING WEIGHTS AND FITNESS ACTIVITIES CAN CAUSE INJURY. THE UNDERSIGNED STUDENT AND AGREES TO ABIDE BY THE ABOVE RULES.

Student:

Ako:

Signed:

THE STUDENT HAS BEEN ORIENTED BY A MEMBER OF THE HEALTH AND PE FACULTY ON PROPER USE OF EQUIPMENT, SAFETY TECHNIQUE AND GENERAL FACILITY USAGE.

Signed by Staff Member:

Date:

HEALTH AND PHYSICAL EDUCATION DEPARTMENT