

# WEIGHT ROOM HOURS FOR WA ATHLETES

- OPEN SUPERVISION** Monday – Friday - 3:00-5:00 pm  
**CLOSED** Weekends, half days and when school is *not* in session
- COACH SUPERVISION** Anytime – as long as a WA faculty, staff or coach is physically in the weight room or the PE office

## WEIGHT ROOM RULES

1. The Weight Room Supervisor will be in the weight room to supervise WA students from 3:00 – 5:00 pm every day school is in session for a full day.
2. **No students allowed in the weight room without the Weight Room Supervisor or WA faculty/staff/coach physically present in the weight room or in the PE office.**
3. All students using the weight room should store their personal items in the PE locker room(s).
4. No athletic bags or backpacks allowed in the weight room.
5. No beverages in the weight room except for bottled water.
6. NO ROUGH HOUSING.
7. Never drop weights.
8. Always wipe down equipment after each use.
9. Always put away weights and equipment properly after each use.
10. Always clean up and remove personal property from weight room and locker room when workout is complete.
11. It is recommended that adults work out with another adult present.