Weight Rooms



Weight rooms are an important part of the physical education programs at our high schools and some middle schools. The weight rooms are in the schools to meet the curriculum requirements and athletic conditioning for student programs.

Athletic coaches and physical education teachers will use the equipment to demonstrate and teach the safe and correct techniques for lifting. These teachers and coaches will teach the safe way to use the free weights and other training equipment. Students should never be allowed to use weight rooms or equipment without faculty supervision. **THERE SHOULD BE NO EXCEPTIONS TO THIS RULE.**



The weight room programs are not set up for the strength and conditioning of the staff and faculty of the school. Improper use of free weights can cause serious and permanent injuries. For this reason staff and faculty personal use should not be authorized. The use of the weight rooms should not be authorized for members of the public at any time.