

# Safety in Fitness Rooms

Consult the Curricular [Fitness Activities](#) page for additional information.

## To Qualify to Use the Fitness Room

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- Athletes/Students/Staff must be instructed in proper fitness and weight-training techniques and safety procedures, either in physical education class or a training session developed by staff with expertise. This should be reviewed as needed.
- Athletes/Students/Staff must be made aware of inherent risks specific to fitness centre activities.
- Athletes/Students and their parents need to sign a consent form prior to athlete/student use of weight/fitness rooms (consult the [Sample Interschool Parent/Guardian Letter](#) and [Sample Interschool Medical Information and Consent to Participate Form](#), and the [Sample Intramural Parent/Guardian Letter](#) and [Sample Intramural Medical Information and Consent to Participate Form](#)). A similar medical information and consent to participate form should be used for staff.
- Athletes/Students/Staff must display a visual that demonstrates approved access (e.g. shoe tag) to the fitness room
- Athletes/Students/Staff must sign-in/sign-out of the fitness room.
- Only athletes/students/staff who are actively training are allowed in the fitness room. No spectators.

## Supervision

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- For *elementary activities*, the supervising teacher/coach/intramural supervisor must be on-site.
- For *secondary activities* the supervising teacher/coach/intramural supervisor must be in the area.
- Fitness rooms require an "on-site monitor". Monitors may be educational assistants, retired teachers, parents, co-op students, teacher candidates or trained senior students.
- Cameras should be installed in all fitness rooms and signage should be posted indicating that cameras are present.
- Duties of the teacher/coach/intramural supervisor include:
  - checking the pass/tag of all students who enter fitness room;

- opening and locking the fitness room using procedure established by the school;
- determining that students are following posted rules and procedures;
- establishing a procedure to regularly disinfect equipment; and
- making sure the room is left in proper order.

## Rules of Use

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- The minimum number of athletes/students using the fitness room at any given time is two.
- Suitable clothing and footwear must be worn.
- All jewelry must be removed prior to exercising.
- Procedures must be established so that the facility and equipment are inspected by a teacher/coach on a daily basis.
- A process must be in place so that equipment needing repair is identified, removed from use, and repaired.
- Any violation of rules may result in some form of sanction being applied (for example, suspension or loss of pass/tag, closure of fitness room).
- A process must be in place where fitness equipment is disinfected on a regular basis (consult with your school division's facilities services for appropriate/approved cleaning products).