

ARROW STRENGTH RULES & REGULATIONS:

- Athletes are to follow and record workout content provided by Strength Coach
- If an athlete has an injury, it is the athlete's responsibility to communicate with strength and conditioning coach. This will allow the athlete to receive a modified program.
- It is the athlete's responsibility to communicate with the strength and conditioning coach if the athlete plans to miss a workout or if the athlete is going to be late.
- Athletes are required to use collars once there is weight on the bar.
- Athletes should move weights from rack to the bar only. They should never set plates on the floor or lean against equipment.
- Athletes should return dumbbells to the rack in the proper order.
- No one should squat outside of the squat rack.
- Athletes should not drop or throw weights or dumbbells.
- Athletes should show respect for equipment and facilities at all times. Spitting or defacing the facility will not be tolerated and will result in immediate expulsion.
- The weight room requires concentration. Horseplay; loud offensive language; or temper tantrums are not permitted.
- Athletes should wear proper training attire, particularly shirts/shorts and athletic shoes at all times. No jeans or mid-riff shirts are allowed.
- Athletes should utilize spotters when performing pressing and squatting movements.
- Immediately report a facility related injury or facility/equipment irregularity to the Strength and Conditioning coach on duty
- Tobacco, food, chewing gum, glass bottles, cans, alcohol, drugs, and banned substances are not allowed in the strength training facility; plastic water bottles, however, are acceptable.
- Supervisors are not responsible for user's personal belongings or for lost or stolen items.
- Athletes should keep their feet off the walls.
- Athletes should minimize the amount of chalk and powder on the floor.
- Each user of the weight room will need to sign a waiver and liability form and have approval for use of the facility.

Failure to follow any of these rules and procedures could result in loss of Strength Facility privileges.

