



RGS SPORT & PE DEPARTMENT

FITNESS ROOM CODE OF CONDUCT

Maximum number of 16 people for any time slot!!!!

When you arrive at the Fitness Room:

Change into suitable kit;
Trainers, Shorts, T Shirt or vest
Remove all jewellery
Write your name, form and date in the signing in book
Check all equipment is properly stored
If the Fitness room has not been left tidy please make a note of this in the signing in book

During your Fitness Session:

Ensure you warm up & stretch before you start lifting weights
You should always work in pairs when lifting free weights
One spotting / observing technique – One lifting
Work as hard as you can at all times
Always strive to achieve your personal best
Remember to adhere to all safety points

When you finish your Fitness Session:

Ensure you cool down & stretch when you finish your session
Ensure all weights are stored correctly and the Fitness Room is tidy
Sign out
Change back into full school uniform

**FOLLOW THESE POINTS AND YOU SHOULD ENJOY YOUR
FITNESS SESSIONS**

Liam F Doubler – Director of Sport & PE - RGSHW