

AVON LAKE CITY SCHOOLS

WEIGHT ROOM RULES & REGULATIONS



HOURS OF OPERATION

MONDAY-WEDNESDAY-FRIDAY MORNING

5:30 A.M. UNTIL 7:00 A.M.

MONDAY THROUGH THURSDAY EVENING

7:00 P.M. - 9:00 P.M.



WEIGHT ROOM IS CLOSED FRIDAY EVENINGS FOR ATHLETIC EVENTS

****FACILITY WILL BE AVAILABLE ONLY WHEN SCHOOL IS OPEN FOR STUDENTS**

SCHOOL ACTIVITIES TAKE PRECEDENT

1. OPEN TO AVON LAKE RESIDENTS AND ALCS STAFF ONLY
2. ID'S (DRIVER'S LICENSE OR UTILITY BILL) REQUIRED FOR ENTRY
3. NO AVON LAKE CITY SCHOOLS' STUDENTS PERMITTED AFTER 9:00 P.M.
4. THE WEIGHT ROOM IS NOT AVAILABLE TO STUDENTS IN GRADE 6 OR UNDER
5. TO USE THE WEIGHT ROOM, STUDENTS IN THE 7TH AND 8TH GRADE MUST BE ACCOMPANIED BY A PARENT/GUARDIAN, AND MUST HAVE INSTRUCTION ON THE USE OF THE EQUIPMENT BY THE FITNESS ROOM SUPERVISOR
6. NO FOOD OR BEVERAGE PERMITTED (APPROPRIATE WATER CONTAINERS ONLY)
7. GYM SHOES REQUIRED (NO STREET SHOES OR SANDALS)
8. NO LOCKER ROOM FACILITIES AVAILABLE
9. PROFANITY IS NOT PERMITTED
10. INSTRUCTION ON EQUIPMENT BY FITNESS TRAINER RECOMMENDED
11. USE A SPOTTER WHEN LIFTING HEAVY FREE WEIGHTS
12. USE OF CARDIO EQUIPMENT LIMITED TO 20-MINUTE INTERVALS WHEN BUSY AND INDIVIDUALS ARE WAITING
13. DO NOT REMAIN ON EQUIPMENT BETWEEN SETS, BE COURTEOUS, AND LEAVE EQUIPMENT PROMPTLY
14. WIPE DOWN EQUIPMENT AS NEEDED AFTER USE (PAPER TOWELS AND DISINFECTANT PROVIDED)
15. DUMBBELLS AND WEIGHT PLATES MUST BE RETURNED TO THE APPROPRIATE RACKS AFTER USE (DO NOT LEAVE PLATES ON THE FLOOR AT ANY TIME)
16. JACKETS AND OTHER CLOTHING ITEMS ARE TO BE PLACED IN DESIGNATED AREAS
17. NO LOITERING IN WEIGHT ROOM OR HALLWAY
18. ALL STUDENT CODE OF CONDUCT RULES APPLY
19. BE COURTEOUS-AVOID INJURY-HELP OTHERS
20. STUDENTS MUST SHOW STUDENT ID CARDS FOR ENTRY

EMPLOYEES OF THE AVON LAKE CITY SCHOOL DISTRICT RESERVE THE RIGHT TO REMOVE THOSE INDIVIDUALS NOT ADHERING TO THE ABOVE RULES AND REGULATIONS



WE ARE A SMOKE FREE CAMPUS
SMOKING/VAPING IS PROHIBITED ON ALL SCHOOL PROPERTY