

WEIGHT TRAINING

WEIGHT TRAINING is not a recommended in-class activity for students from kindergarten to grade 8 and is high risk for students at these grade levels. Schools are encouraged to consider alternative program options to replace high-risk activities. Teachers who wish to instruct a high-risk activity like weight training for K-8 students require written permission from the board of education.

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 9-12			
Inspect all equipment regularly and repair as necessary.	Secure weights in a secure storage area that can be locked when it is not in use.	<p>Instruct all students in proper lifting techniques and safety procedures.</p> <p>Use a buddy system when lifting free weights over body.</p> <p>Secure free weight plates in place before using.</p> <p>Individualize all programs.</p> <p>Teach skills in proper progression.</p>	Provide in the area supervision for use of weight machines and free weights, following instruction on safe use.