

**Regulation**

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USE OF WEIGHT ROOM

The use of the weight room is extended to alumni and other community members with the approval of the superintendent or his or her designee. Students, staff, and authorized alumni and community members shall strictly observe all equipment safety protocols at all times during the use of weight room facilities.

The athletic director will contact alumni who request to use the weight room and will review safety procedures for use of the room. These procedures will include the requirement that the room be used only when it is supervised by a school staff member.

Alumni interested in using the facility shall:

- A. Contact a coach of a sport in the season in which the alumni wish to use the weight room;
- B. Supply name and address to the coach, who will forward information to the athletic director;
- C. On an annual basis, present note(s)/physical form(s) from a physician indicating good health.
  - 1. For recent graduates, a form from a physical exam from the most recent school year may be presented;
  - 2. The physician authorization form must be no more than one year old;
- D. Sign and return the district hold harmless agreement before use shall be permitted. If the person is a minor, the hold-harmless clause must be signed by a parent or guardian.

The athletic director will ensure procedures for the use of the weight room are distributed to authorized users prior to use and posted in the facility when appropriate.

The weight room will be inspected on an annual basis by a licensed inspector to determine the safety of the facility.

Alumni are also encouraged to be involved in athletics and activities. This involvement enriches students by exposing them to positive role models. Alumni may assist during athletic seasons as approved by the principal and the athletic director. Regularly assigned volunteer coaches and coaches aides shall be according to board policy 1200 Participation by the Public (recommended by the superintendent and appointed by the board).

Adopted: October 18, 2010  
Revised: October 15, 2008  
NJSBA Review/Update: June 2014  
Readopted: