



# LYNDHURST SECONDARY COLLEGE

Welcome to the newly established Lyndhurst Secondary College weights room. This facility has been purposely fitted out for you and therefore you are responsible for respecting and using the gym appropriately and safely. The following information covers the guidelines for the use of the weights room by staff and students during school hours. The objective of these guidelines is to ensure that all people understand their responsibilities with respect to safety for themselves and others whilst using the weights room.

## The Induction Process

The Head of Health and Physical Education or any member of the HPE department will conduct an induction for the weights room (including during PE classes).

The induction process includes:

- Orientation of weights room and safety procedures.
- Information on the safe use of equipment.
- Instructions on hygiene and cleaning protocols.
- Completion and return of the weights room induction checklist – this is to be signed by the student, their parent/guardian, and a member of the HPE department.

## Terms for Staff and Student Use

- Students are to complete a weights room induction with an approved member of the HPE department.
- Students are to follow the instructions and guidelines regarding safety and hygiene.
- Students are only able to use the gym under the supervision of a member of the HPE department.
- Students must wear the correct PE uniform including appropriate footwear at all times in the weights room.
- Any injury that occurs while in the weights room must be reported immediately to a member of the HPE department supervising. Adhering to school protocols providing an incident report to First Aid and eduSafe.
- Any equipment malfunction or damage must be reported immediately to a member of the HPE department supervising.
- Students are to disclose any medical conditions, prior injuries, or existing injuries that may impact their personal or others' safety to a member of the HPE department supervising.

## Failure to comply.

Failure to comply with the weights room policy will result in immediate restriction of access to the weights room, including a follow-up from sub-school.

Student name: .....

Date: .....

Student Signature: .....

Parent Name: .....

Date: .....

Parent/Guardian's signature: .....