



WEIGHTS ROOM CLUB

Dear Parent/Guardian

The Health and Physical Education Department is particularly excited to announce that it is offering student membership to its weights room area. The weights room is fully stocked with the latest weights room equipment including universal and free weights, treadmills, rowing ergo, spin bikes and boxing facilities. It will be available for use by students in Years 10 to 12.

The Weights room will be available for use at the following times: (Term 1)

7 AM – 8 AM	Day	3.30 PM – 4.30 PM
Year 11/12	Monday	Year 10
Cross Country	Tuesday	Year 11/12
Year 10	Wednesday	
Cross Country	Thursday	Year 11/12
Year 11/12	Friday	

A member of the Physical Education Staff will supervise during these times. Students need to gain membership to use the weights room. They need to demonstrate their knowledge of safety and correct use of the equipment before gaining a membership card. Students can approach a member of the Physical Education staff to give them some tuition on the safety and use of the weights room equipment. They must also agree to abide by the conditions of use and behavior set down in the Weights room Policy.

The Weights room Policy states:

- Access to the Weights room is only allowed under the supervision of a Physical Education Teacher.
- No Food and drink (with the exception of water bottles) are allowed in the weights room.
- Students are to act responsibly and not misbehave in the weights room. Failure to do so will result in Membership being revoked.
- A fee of \$10.00/term must be paid upon first entry for the maintenance and improvement of the weights room.
- Students are to wear sports clothing and have closed shoes while working out.
- All students are required to bring a towel and wipe down equipment after use.

- All equipment and weights must be placed back on the weights rack, lights and fans turned off, windows closed and electrical devices switched off at the power point after each session.
- Students **MUST** have their **WEIGHTS ROOM MEMBERSHIP** card otherwise no entry will be permitted.

Safety is of the utmost importance and therefore the school's behavior policy will be strictly applied. Non-compliance of any of the conditions of use will result in a loss of membership. We will **not** permit training methods which could harm adolescent development. Student workouts will be primarily focused on improving fitness.

For further information please contact the Physical Education Department on 893830438 during office hours.

Please sign the permission slip below and return it to the department as soon as possible.

Yours sincerely,

Miss Ruth O'Donnell
Sports & Recreation Officer
Odonnell.ruth@johnxxiii.edu.au

COMPLETE AND GIVE TO PE DEPARTMENT

I give permission for my son/daughter _____ to apply for Weights Room Membership. I have read and understand the conditions of use set down in the Weights room Policy.

Parent Signature

Date