



STRENGTH AND CONDITIONING PROGRAM POLICIES AND PROCEDURES

RULES OF CONDUCT AND OPERATION

All student-athletes and staff members who use the Weight Room are required to comply with the rules of operation regarding conduct and equipment use. Violators of rules are subject to discipline and possible suspension of Weight room privileges. Respective Head Coaches are notified of all disciplinary actions. The following rules have been established to ensure a safe environment in the Weight Room.

A. Facility Rules

- i. The D'Agostino Strength Training Center is locked at all times unless a trained and authorized supervisor is present. Student-athletes are to lift only when their sport is scheduled or during open lifting periods.
- ii. Prior to participation, student-assistants must get a physical clearance.
- iii. *Alcohol, chewing tobacco, and illegal substances are not allowed in the Weight Room.***
- iv. NO CELL PHONES!!!
- v. Spitting on the walls and floor is prohibited.
- vi. Paper cups are to be left in the training room.
- vii. Athletes may not bring friends to use the facility.
- viii. Individuals are expected to be courteous to others and respectful of the facility (e.g., defacing of walls or equipment is prohibited).
- ix. No horseplay, offensive language, or temper tantrums will be tolerated.
- x. Athletics Department personnel, with approval of the Head Strength Coach, and as designated by the Athletics Director, may use the Weight Room for personal workouts provided they do not interfere with the needs of the student-athletes using the facilities.

- xi. Non-Athletics Department personnel, with the permission of the Athletics Director, may be allowed to use the facilities after signing a waiver form.
- xii. The Emergency Exit Doors may NOT be used as an exit, except during emergencies.
- xiii. Offices, including the computers, phones, and stereo, are off-limits, except to Weight Room staff.
- xiv. Chalk is to stay in the chalk bowl. Hands should be kept over the bowl while chalking up.
- xv. Every athlete must wear a shirt and shoes at all times. No one will be allowed to lift in street clothes.
- xvi. Student-athletes and staff may only wear Montana State issued attire or colors while using the facility. Neutral colors are acceptable (white, gray, black).
- xvii. No equipment is to leave the Weight Room for any reason unless there is prior approval from the Head Strength Coach.
- xviii. At least one Strength Coach must be present during assigned team training hours.
- xix. Injuries of any type are to be reported immediately.

B. **Lifting Rules**

- i. Anyone choosing to squat outside the squat rack must have at least two (2) spotters present.
- ii. Each weight shall be returned to the specifically marked place on the rack after use.
- iii. Weights are not to be exchanged from one station to another. There is plenty of weight at each station for each participant's use.
- iv. Jerk recoveries must have two (2) spotters at all times.
- v. Clothing must be worn appropriately; e.g., shoes tied, shorts not to be worn low.
- vi. Food, drinks, gum, Powerbars, etc., are not permitted during the workout. Water bottles are allowed, but not paper cups.
- vii. Taping must be completed in the Training Room.
- viii. Always return equipment to the proper place.

- ix. Don't set plates on the floor or against equipment, walls, or posts. Don't throw or drop plates or dumbbells.
- x. Rubber bumpers are for platform use only. Steel plates may not be used on the platforms except for plates smaller than the bumpers.

DISCIPLINARY ACTIONS

Disciplinary actions are based on the severity of the Rules of Conduct and Operation violation as appropriate. The discipline may include physical workouts, required community service, cleaning duties, or suspension from the facility. The Head Strength Coach consults with the sport's head coach when disciplining student-athletes.

PRIOR TO PARTICIPATION

A medical examination and doctor's approval must be on file with the Athletics Training Staff. Participants must be adequately oriented to the program's policies, rules and regulations, and instructed in the proper execution of exercises and use of equipment. All participants must understand the consequences and dangers involved with improper technique or utilization.

INJURIES AND REHABILITATION

Any injuries that inhibit any portion of a work out must be seen by the Athletics Training Staff. Any facility-related injuries must be reported to the supervisor on duty. All rehabilitation must be supervised by an Athletics Training Staff member.

GUESTS AND VISITORS

All guests and visitors must report to the Strength and Conditioning Staff to receive approval to use the facility, to sign a liability release form, and to receive orientation in the use of the facility.