



1. NO Horseplay!
2. Keep Weight room clean, NO food, or Glass bottles.
3. Make sure area is clear of equipment before lifting.
4. Make sure that your collars are snug.
5. Use proper lifting technique. Protect your lower back. Head up, buttock down, spread the chest, lock lower back, USE BELT!
6. Make eye contact with those near you.
7. NEVER interfere with the lifter!
8. Spot carefully!
9. Clear area after you lift. Put weights back on the racks!
10. Help and encourage each other.

