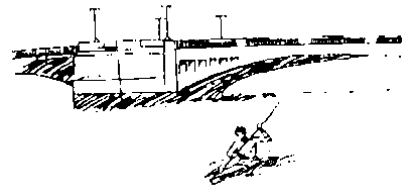


Reading Canoe Club

The Warren, Caversham, Berkshire, RG4 7TH
Telephone: 0118 947 7643



Weights Room Rules

1. All users of the gym participate at their own risk.
2. All participants must be paid-up members of Reading Canoe Club or visiting guests from other canoe clubs. Guests must be 'signed in' by a member in a visitors book which requires them to abide by the club rules or read and sign a copy of our weight room rules.
3. Organized training sessions have priority over any other training sessions.
4. During coached session, the coach or authorised person in charge is to supervise and not participate
5. Members must use weights in a sensible way with due care to themselves and others, the club and it's equipment. Any restrictions placed on equipment must always be observed.
6. Bench press over 60% max is only to be attempted when supervised (spotted).
7. All bars used with loose weights are to be fitted with locking collars.
8. Members aged 18 and over may train on their own outside of organised sessions after suitable assessment.
9. No glass, food, animals or bags in the gym.
10. Mobiles phones - phone calls must be made/received outside the gym
11. All users of the gym are to be dressed in a minimum of vest, shorts, and shoes.
12. Please wipe down benches after use.
13. Report any broken or damaged equipment as soon as possible to Clubhouse Manager, Head Coach or a member of the club committee.
14. Gym equipment should not be moved in or out of the gym or from its designated location with agreement from coaches (benches, swiss balls and other small items excluded).
15. All regular gym users are expected to clean the gym in accordance with the gym cleaning rota
16. Lifts are restricted: No deadlift over 140kg and anything over 100kg deadlift pads must be used. No more than two individuals lifting these sorts of weights at any one time

Additional Junior Weights Room Rules

17. All juniors should have written parental consent before taking part in any gym session (Parental Consent Form Part II)
18. No Juniors may use the weight room unless supervised by an authorised person.
19. Juniors ages 16 and over may train in an unsupervised group after assessment by their coach and providing they have written consent (Parental Consent Form Part II). there must be at least 2 people in the gym at any time. They must not bring non-club members e.g. a friend to these sessions.

Failure of members to observe these rules may result in gym access being removed.

If you are at all concerned about how the weight room is used please contact the Head Coach or a member of the committee.

If you are interested in training to become a weights room coach please let the Head Coach or a member of the committee know.

Document Version Control			
Version	Purpose/Change	Author	Date
0.1	Created	Committee	July 2005
0.2	Formatting	Dan Seaford	16 th Dec-14
0.3	Updated	Committee	January 2019
0.4	Updated	Dan Seaford	19 th Feb-22
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