

CHIMACUM HIGH SCHOOL ATHLETIC DEPARTMENT

YES	NO	N/A	Weight Room Guidelines
			Free of obstacles, no slip, trip or fall hazards, wet spots, electric cords
			Stationary and Portable Equipment -- separate Checklist Completed
			Supervise at all times
			Free Weights - spotting required
			Separate free weight area from weight machine area
			Stretching Space - provided
			Store all weights, collars and bars off floor on appropriate racks
			Use exercise and shock absorbing weight mats -- check for defects
			Keep equipment clean and disinfected
			Weightlifting gloves, belts and mag provided
			All apparatus secure and stable on floor
			Chains, Pulleys, Cables - working properly; no rust or corrosion
			Machine Safety Stops - operable, not bent
			Wall Attachments – secure
			Barbell and Weight Storage Racks – stable
			Rowing Machines, Bikes and Climbers - work properly
			Warning and Information Labels - evident and visible
			No homemade or modified equipment
			Equipment maintained according to manufacturer's specifications
			Windows -- glass properly shielded, no breaks or cracks, safety glass
			Ceiling -- no leaks, no loose objects, appropriate height for this activity
			Lights -- adequate for activity, shielded/caged, securely mounted
			Unused Equipment -- properly and safely stored and secured
			Exits -- clearly marked, unobstructed exit doors swing in direction of egress
			Accessibility -- wheelchair ramps are unobstructed, all access requirements are met and maintained
			Signage -- maximum capacity, no eating, no drinking, no smoking, and safety/warning signs are visible
			Bathrooms -- safe, sanitary, clearly marked
			Water Fountains -- accessible, sanitary, functioning properly
			Walkways, Steps, Stairs, Ramps -- free of slip, trip and fall hazards, adequate lighting, handrails secure, unobstructed, transitions clearly marked
			Waste -- area free of trash and debris, sufficient trash containers provided
			First Aid Supplies -- easily accessible
			Fire Alarms, Sprinklers and Extinguishers -- in working order, inspections are Current
			Access for ambulance
			Only authorized persons present in weight room
			Access to weight room and number of keys is controlled and duplication of keys prohibited
			System is in place for checking and turning off electric equipment and lights, closing and locking doors and windows after activity
			WORK ORDER FOR REPAIRS GENERATED

Inspected by _____

Building/Location _____

Date _____