

HOLY TRINITY FITNESS CENTER

Dear Parent/Guardian,

Your child has expressed an interest in becoming a member of the Holy Trinity Fitness Center. The Center is equipped with a wide variety of cardio and strength equipment.

In order to become a member, your child will need to have completed the following:

- completed permission form. (On the back of this form.)
- read through attached weight-lifting and general lifting safety guidelines
- successfully completed the Fitness Center Quiz with a score of 100%
- **paid Fitness Center Fees: Sept-June \$60, Oct.-June \$55, Nov.-June \$50, Dec.-June \$45, Jan.-June \$40, Feb.-June \$35, Mar.-June \$30, Apr.-June \$25, anytime after Apr. 30. is \$20.**
- Cheques must be made out to Holy Trinity High School

The Fitness Center will be open most days after school as well as some lunches and mornings. Volunteer teacher supervisors will be present when the Center is open. Supervisors will not allow students to loiter in the Fitness Center and if students are acting inappropriately or unsafely they may lose their membership privileges.

Students must be dressed in Holy Trinity Phys. Ed. clothing or similar clothing. No sleeveless shirts or tight fitting spandex shirts. No 'short shorts'. Students must present their student ID card with a valid Fitness Center membership sticker affixed. Replacement cards are available from the main office at a cost of \$5.00.

Students are not required to have a membership when working out with a class.

If you have any questions or concerns regarding the Holy Trinity Fitness Center, or if you would like to come in and see the center in person feel free to contact any member of the Healthy Active Living Department at the school.

Thank you,

Healthy Active Living Department

Weight Lifting and General Safety Guidelines

Warm up and cool down for each session. Warm up before the weight-lifting session with stretching exercises, calisthenics, and jogging. When you begin each lifting exercise, start with small amounts of weight at first and then progress to heavier weights. During your cool-down period after the lifting session, stretching is important.

DOs

- * Do use spotters when you try the major lifts or any free weights. A spotter is someone who can help you with the weight in case you cannot lift it.
- * Do keep your back straight when lifting and use proper grips..
- * Do use proper lifting technique when moving weights around the room.
- * Do wear shoes with good traction.
- * Do make sure the equipment you use is in good condition. Report any damage to the teacher supervisor
- * Be aware of others in the F.C. Share equipment and help each other.

DON'Ts

- * Don't hyperventilate (breathe in and out fast) or hold your breath when you lift heavy weights. You may faint and lose control of the weights. Breathe out when you lift or press.
- * Don't continue lifting if you feel pain. Stop the painful exercise for a few days or try it with less weight. Put an ice pack on your body where the pain occurs for 10 minutes at a time, three or four times a day.
- * Don't lift weights if you are light-headed. Stop your workout and start again the next day.
- * Don't exercise any set of muscles more than three times a week.
- * Don't "cheat" on your technique to lift heavy weights.
- * Don't lift heavy weights without spotters.
- * Don't lift more than you know you can lift safely.
- * Don't lift barbells without putting safety clips on the bar. Without safety clips, the weight plates can slide off of the bar and land on the floor or on your feet.

Holy Trinity Fitness Center Safety Guidelines Quiz

Please complete the following quiz by placing a “T” for True or an “F” for false in the space provided. You must get 100% before you are allowed to workout.

1. ____ You don't need a spotter when lifting free weights.
2. ____ Warmup is not needed before a strength training workout.
3. ____ Never hold your breath. This can lead to dizziness and fainting.
4. ____ Keep your back straight and use proper grip when lifting.
5. ____ Equipment such as dumbbells, barbells, plates and clips is called free weights.
6. ____ Sacrificing proper technique or 'cheating' can lead to faster muscle development.
7. ____ Tell the teacher supervisor if something is damaged or worn out.
8. ____ Only worry about yourself in the Fitness Center. Don't share.
9. ____ Exercise your muscles every day for the maximum results.
10. ____ Bring your valid student card and wear an H.T. phys. ed. uniform or similar clothing when you come to work out.

HT Fitness Center Member Registration

Name: _____ Birthdate: _____

Health Card #: _____ Age: _____

Special Health Concerns: _____

Name of Parent/Guardian: _____

Contact Phone: Home: _____ Work: _____

I _____ have read the attached Fitness Center Safety Regulations and Rules and Lifting Guidelines and agree to participate according to the established guidelines. I understand that by disregarding the Fitness Center Regulations and Rules I will lose my membership privileges and may be subject to further disciplinary action. I also understand that I must score 100% on the Fitness Center Safety Guidelines Quiz before I will be allowed to work out.

Member Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Tigers Fitness Center Rules

- No horseplay
- Appropriate clothing at all times i.e. HT Phys. Ed uniform, clean shoes
- no gum, no food, no drinks without spill-proof lids
- clean machines with spray and towel after use
- respect all other members of the Fitness Center. Listen to supervisors.
- put away equipment when you're done with it

Please return this form with your payment to Room 120. Bring your student card with you so it can have a membership sticker applied.

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Administration use only: Permission Form _____ Quiz 100% _____ Fee amount paid _____ Cash? ____ Cheque? _____

Administration signature: _____