

TOKAY



STRENGTH & CONDITIONING

RULES

1. Always wear appropriate attire
 - a. Proper footwear- athletic shoes. No sandals or barefeet!
 - b. Tokay issued shirt or workout shirt in school colors
 - c. Tokay issued shorts/sweats in school colors
 - d. Never take shirt off in weight room
 - e. No jewelry
 - f. No headgear
2. No sitting down unless it is part of the exercise.
3. Re-rack all weights and equipment used.
4. Don't drop weights unless it's prescribed in exercise
5. Always stay with your group or partner and follow the workout.
6. Always record your workout when cards are given to you to do so.
7. Follow directions and pay attention at all times.
8. Make sure you have a spotter for necessary lifts.
9. When you are the spotter, do your job!
10. No food, drinks or GUM in the weight room.
11. When using free weights, always use collars.
12. Do not touch the stereo unless directed to do so.
13. iPods/MP3 players are not allowed to be used by individuals during workouts.