

# Natomas High Weight Room

The following policy and procedures will be followed by all teams that are using the weight room.

## The new rules are as follows:

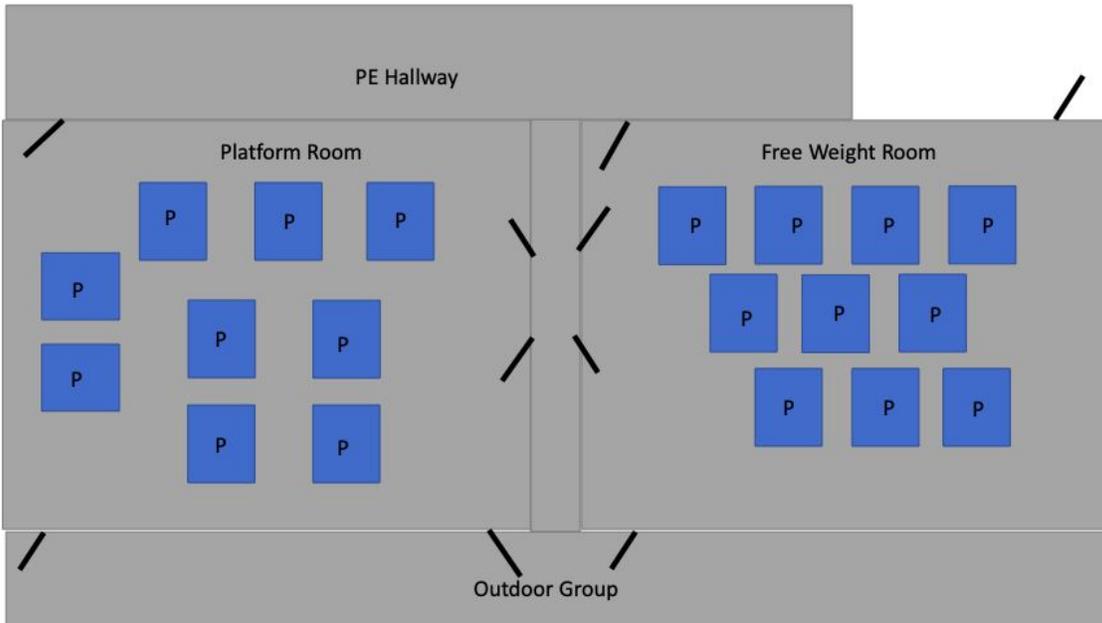
1. Prior to entering the weight room, each athlete must have gone through the Pre-screening process, which include:
  - a. Athletes will have their temperature taken
  - b. Athletes will complete the pre-screening survey.
  - c. Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
2. Athletes will be required to wash hands before they enter the weight-room and after they leave.
3. No spotters will be allowed when lifting. Athletes are not allowed to lift more than 50% of their max weight.
4. Athletes will clean all equipment that they have used once they have finished lifting. This includes, but is not limited to: barbells, dumbbells, weights, benches, medicine balls, etc...

## PHASE 1

- The weight room has two sides, separated by a wall and door.
- Within each lifting group, we will split up so no more than 10 athletes are in the Platform Side and no more than 10 athletes are in the Free Weight Side.
- Coaches are able to have pods of no more than 10 athletes at a time outside the weight room, utilizing the field for conditioning and cardio work.
- Coaches will stay with their pods at all times and not mix between pods.
- Athletes may transition to the Platform Side through the doors leading in the middle or by exiting through the west exit towards the parking lot, and reentering through the Platform room parking lot door.
- If the group using the weight room is 10 or less, they may use the middle door that separates the two rooms. If there are more than 10 athletes, the door must remain closed.

Below is a diagram of our weight room setup, stations, and flow.

**FOOTBALL PLAN**



**BASKETBALL AND VOLLEYBALL PLAN**

