



International
Academy
Washington

Weight Room Policy

This policy seeks to ensure that LFC IA Washington is a respectful and safe place of work and soccer training. LFC IA WA is fortunate to have quality facilities, like a full weight room, thus it is equally important that we take care of the equipment and space.

This policy applies to all LFC IA members including, but not limited to, players, coaches, employees, parents, and families.

Weight Room Rules and Expectations

- Everyone must have a signed Liability Waiver on file with LFC IA in order to enter the weight room.
- Personal headphone use during team workouts is not allowed.
- Arrive to scheduled session at least 5 minutes prior to start time.
- Tidy up the weights each time before you leave the gym (barbells stripped of weights, free weights and other accessories put away)
- Coach supervision should be present at all times.
- No cell phones (unless specifically asked by the coach). Your time in the weight room is part of your practice schedule.
- All student athletes should be dressed appropriately.
 - LFC training kits
 - Tennis shoes (athletic & close-toed) are required.
 - Shirts, sweatshirts, or quarter-zips must be worn at all times.
- Do not take any equipment out of the weight room unless approved by coach.
- Do not drop weights on the floor.
- Do not lean any weights against mirrors.
- Use of profanity or bad language will not be tolerated.
- Respect for equipment, coaches and each other must be demonstrated at all times.

Failure to follow these rules may result in loss of weight room privileges.