

Clifton High School

After School Strength & Conditioning Program

Policies and Procedures

The after school strength and conditioning program is open to all Clifton High School students. It is a structured and supervised program designed to help students improve physical fitness and enhance athletic performance. The program consists of two major components: 1.) strength training, and 2.) conditioning (agility, speed, quickness, balance, power, explosiveness, reaction time, and plyometrics). The hours of operation are generally from 2:40 until 5:00 pm. In order to maintain a safe and effective program, participants must adhere to and follow certain policies and procedures established by the strength and conditioning coach. Please read the policies and procedures listed below. By signing this form, you are affirming that you understand and agree to adhere to and follow the policies and procedures of the after school strength and conditioning program.

1. All students must turn in a permission slip signed by a parent/guardian.
2. Eligibility in the strength and conditioning program is contingent upon having a current up-to-date physical on file with the athletic trainers' office.
3. If there is a change(s) in your medical information or health, have your parent/guardian notify the school nurses' office immediately.
4. Students who are medically excused from physical education may not participate in the strength and conditioning program until cleared by a physician.
5. Students absent from school may not participate in the strength and conditioning program.
6. Loitering in the hallway, Weight Room, Locker Rooms, or on school grounds is prohibited.
7. While waiting for the Weight Room to open, students will behave appropriately.
8. No one is to enter the Weight Room unless the strength and conditioning coach is present.
9. Do not leave personal belongings unlocked in the Locker Rooms.
10. Do not leave personal belongings unattended in the Weight Room.
11. All items of value should be kept on your person at all times.
12. Theft and vandalism in the Weight Room and/or Locker Rooms will result in termination of strength and conditioning privileges, a Special Action write-up, and police intervention.
13. Proper attire must be worn at all times (sneakers and workout clothing).
14. Participants must sign in every day.
15. All participants must have a program orientation before they start strength training and must meet with the strength and conditioning coach to create or review a program.
16. No horseplay in the Weight Room.
17. No inappropriate or foul language is permitted.
18. No gum, candy, food, or beverages, except water, are permitted in the Weight Room.
19. The Weight Room must be kept clean and orderly.
20. All weights and dumbbells must be racked after use. No equipment is to be left on the floor.
21. Always use a spotter.
22. Always use collars with barbells.
23. Follow safe strength training practices and guidelines.
24. During a fire drill or emergency evacuation, exit the building quickly and remain with the strength and conditioning coach.
25. Participants must exit the Weight Room by 5:00 pm.

I, _____, have read, understand, and agree to adhere to and follow the strength and conditioning policies and procedures outlined above.

Student Signature: _____ Student ID: _____

Date: _____