

CORB Y ATHLETIC CLUB SAFETY GUIDELINES WEIGHTS ROOM

All junior athletes (under 18) **MUST** be supervised by a club coach / assistant qualified in weight training at all times.

Experienced senior athletes may use the room unsupervised but **NEVER** on their own.

A minimum of 2 and a maximum of 5 people should use the room at one time.

All kit bags should be placed in the corner of the room and the entrance and fire exit kept clear at all times.