

Strength and Conditioning Checklist

This form must be returned to Nat Cannon in the KWC Office
no later than 10am on the day you wish to train.



Name: _____

Year / Form: _____

Reason for Training: _____

Does your child have, or previously had:	Yes	Don't Know	No
1. A heart condition?			
2. A close relative who has suddenly died from a heart condition before the age of 50?			
3. Uncontrolled epilepsy or seizures / convulsions?			
4. Diabetes?			
5. An asthma attack requiring immediate medical attention at any time over the last 12 months?			
6. Anaphylactic reactions?			
7. Does your child have any current health or medical management plans (eg. Anaphylaxis, asthma, diabetes)?			
- If yes, does your child always carry the relevant medication? Anaphylaxis – EpiPen? Diabetes – Insulin or Glucose? Asthma – Reliever (Ventolin or other)?			
8. Surgery in the last month?			
9. Any other conditions that may require special consideration for your child to exercise?			
10. Does your child take any regular medication / supplements?			
11. Has your child experienced heat related illness previously?			
12. Has your child spent time in hospital (including day admission) for any medical condition / injury / illness during the last 12 months?			
13. Does your child have any muscle / bone / joint problems and / or pain that could be made worse by participating in an activity?			
14. In the last month has your child suffered an episode of concussion?			

As a parent/guardian, I give permission for my child to exercise in the Strength and Conditioning Centre.

Parent/Guardian Signature: _____ Date: _____

St Leonard's College Weight Training Safety Guidelines



Dear students, welcome to the Strength and Conditioning Centre. To ensure your safety and wellbeing, we would like you to carefully read the following information and sign when completed.

Gyms have a high risk of injury occurring, so it is vital to understand procedures and perform proper techniques. Gyms also carry high risk of bacteria/infection, so we need to be careful and diligent with hygiene (using towels, wiping down equipment, hand disinfectant).

Expectations of students who are using the Strength and Conditioning Centre:

1. If you cannot attend, an email must be sent to Nat Cannon (Nat.Cannon@stleonards.vic.edu.au) prior to the session commencing;
2. Students will be expected to follow programs specific to their year level;
3. Food and Drinks are not permitted (except water bottles);
4. Students can only attend on the day(s) they have paid for;
5. Must have their hair tied back if it falls past their shoulders;
6. St Leonard's School Sports Uniform and appropriate footwear (runners) are required;
7. Headphones / mobile phones are only permitted in the cardio room. Inappropriate use of phones will not be tolerated;
8. Bags must be left in the HSC changerooms or in the HSC Pigeonholes;
9. Respectful & Responsible behaviour is always expected;
10. Students are unable to attend on their ACS Sport or compulsory music day;
11. Student must sign in and out with a supervisor;
12. On the first session you must go through all the safety requirements with the Instructor prior to undertaking any equipment;
13. Equipment must be used safely and returned to its original position after use.

Students need to have an understanding and knowledge of the following factors:

1. Loads, Repetitions, Sets:

- Beginners (<12 months) only use a weight you can lift more than 10 times (reps)
- Intermediate (12-24 months) only use a weight you can lift more than 8 times (reps)
- Experienced (24+ months) only use a weight you can lift more than 6 times (reps)

2. Breathing technique:

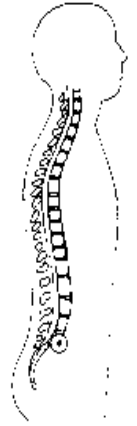
- Never hold your breath during exercise
- Use relaxed, deep breathing
- Breathe out during the "hard" (or concentric) phase
- Breathe in during the "easy" (or eccentric) phase

3. Exercise techniques & Correct Posture:

- Need to demonstrate basic/safe technique for each exercise.
- Basic postural safety measures:

(1) **Neutral spine:**

- Always exercise with a “neutral” spine, no lower back arching for standing, seated and lying exercises
- When lying face up, make sure lowerback is not arched



(2) **Knee Tracking:**

- Do your lower body exercises with feet at about hip width on a slight angle outward
- Knees should never move inwards towards each other (looking from the front)
- Avoid very deep knee bending

(3) **Safe Shoulder Range:**

- Avoid shoulder presses/movements behind the head (past mid-line of body)
- Avoid straight arm (lateral) raises above shoulder height

(4) **Neck position:**

- Don't extend neck forwards when lifting
- Don't tense neck muscle tightly when lifting
- Keep neck in “neutral” or normal position when exercising

(5) **Joints:**

- Never lock out the joints (particularly knees and elbows) during an exercise
- Always keep resistance towards the end of the movement – don't relax the muscles

4. Technique for lifting/returning free weights:

- When lifting/replacing weights from ground or racks, always use your legs (NOT your back!)
- You must always have collars on the bars when exercising with free weights
- Never drop the weights to the floor – lower them slowly!

5. Safe use of cable machines:

- Never adjust the pin on the stack while lifting it or if someone is on the machine
- Keep hands away from the stack of weights at all times
- If the pin becomes stuck, inform the supervising teacher/coach – don't try and force it!

6. Warm-ups:

- Before starting your exercise program, perform either/both a cardio warm-up or light-medium weights
- If training for strength, power or hypertrophy, always do multiple sets of lighter weights before starting for each muscle group. Eg. Set 1 warm-up = 50% working weight, set 2 warm-up = 75% working weight

I have read and fully understand the safety guidelines as outlined in this document and can confidently and safely perform all of the guidelines above.

Student Signature: _____ Date: _____