

# *Gym Safety & Rules*

**COUGARS**

**WEIGHTLIFTING CLUB**

—Established 1987—

# Spotting Squats:

- ▶ 2 spotters required - one at each end of the bar.
- ▶ Spotters should ensure the floor is clear around where they will be standing.
- ▶ Spotters should pay attention and concentrate on looking at the end of the bar and watching the lifter for signs of failure, not only during the lift but when the bar is taken from the racks and returned to the racks.
- ▶ Spotters should not touch the bar unless the lifter fails the lift.
- ▶ In the case of a failed lift, the lifter and both spotters work together to complete the lift. The lifter must not throw the bar off their shoulders but must keep their posture upright and continue to try and squat out of the lift.
- ▶ Spotters should take the weight evenly - i.e. do not lift one end of the weight more than the other and guide the weight back into the stands when the set is completed - just in case the lifter does not put one end of the bar in the stands.

# Spotting Squats: Correct



# Spotting Squats: Incorrect



# Lowering down Jerks and Snatch Squats:

- ▶ 2 spotters required - one at each end.
- ▶ Spotters should ensure floor is clear around where they will be standing.
- ▶ Pay attention and concentrate on looking at the end of the bar.
- ▶ Take the weight evenly.
- ▶ Communicate:
  - ▶ When taking bar during a failed lift both spotters say “*ours*”.
  - ▶ When releasing bar when it’s back on lifter’s chest/back both spotters say “*yours*”.

## Lowering down Jerks and Snatch Squats: Correct



## *Lowering down Jerks and Snatch Squats: Incorrect*



# Platform:

- ▶ Keep the platform clear.
- ▶ Remove any bars you are not using
- ▶ Remove extra weight you are not using
- ▶ Remove any racks you are not using.



## *Moving with the bar around the gym:*

- ▶ Unload bar before moving it to another platform or blocks.
- ▶ Do not walk around the gym with a loaded bar.

## *Watch out for danger when loading your bar:*

- ▶ Make sure nobody is lifting near you when you are loading the bar.

## *Pay attention at all times:*

- ▶ Do not walk directly in front of someone who is about to go for a lift.
- ▶ Be mindful of other athletes going for big lifts or PB's.
- ▶ Make sure that you are paying attention at all times in case somebody loses control of the bar near you.

## Load your bar correctly:

- ▶ Loading bars correctly increases the life of the equipment and make weights available for other gym users.
- ▶ Use rubber disks instead of stacking on too many metal weights.
- ▶ Try and load the bar with the minimum number of disks required.



- ▶ The large plastic 2.5Kg and 5Kg weights should not be used with the rubber disks or with lots of metal weights as they are not designed to be used this way and will get damaged.
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## *Put weights & bars away after training:*

- ▶ Do not leave your bar or weights on the floor or on squat racks after you have finished with them.
- ▶ Stack weights back correctly in the weight racks, stack them neatly side by side & not leaning or falling over so that all weight plates can fit.
- ▶ Stands are not allowed on the main/competition platform as they can damage platform.



## *Keep the gym tidy:*

- ▶ Generally, clean up after yourself once you have finished training.
- ▶ Put all your rubbish in bins and take all your gear with you.
- ▶ If you use the kitchen, be sure to clean up after yourself in there too, wash up any items you use and put them away.

## *What to do in an emergency:*

- ▶ If a person is sick or injured during training, its best to call an ambulance, do not risk taking somebody to hospital as complications could occur during the journey just call 000 for an ambulance if you have any doubt.
- ▶ **Our address is:**  
THE SLEEMAN CENTRE  
Cougars Weightlifting Club  
Cnr Old Cleveland & Tilley Roads  
Chandler Qld 4155
- ▶ **Directions:**  
We are located under the Tilley Road Side of the Cycling Velodrome  
Turn into centre from roundabout on Tilley Road  
Turn RIGHT after entering the Sleeman Centre  
Follow two way road round until it becomes one way  
Turn into car park on left