Weight training, sometimes referred to as weight lifting or strength/resistance training, is a group of exercises usually involving weights, or some other form of resistance, designed to improving an individual’s strength.

<table>
<thead>
<tr>
<th>General Learning Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk Management Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.</td>
</tr>
</tbody>
</table>

- Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in weight training.
- Safe weight/strength training (including spotting techniques) techniques and procedures are learned prior to participation.
- Skills/movements are learned in proper progression.
- Students demonstrate competency of skill/fitness prior to progression; training sessions are monitored and adjusted to meet needs.
- Each session is conducted with an appropriate warm-up and cool-down.
- Drinking water is available and consumed as needed.
- Program adheres to basic fitness and training principles.
### Physical Activity Safety Checklists

#### Weight Training (Strength/Resistance)

<table>
<thead>
<tr>
<th>Supervision</th>
<th>Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
<td>□ Activity area is free of hazards/debris</td>
</tr>
<tr>
<td>□ Recommended level of supervision: <strong>on-site supervision</strong> during initial instruction and <strong>in-the-area supervision</strong> during training sessions</td>
<td>□ Adequate space is provided between stations</td>
</tr>
<tr>
<td>□ Safety rules and procedures are enforced</td>
<td>□ Floor provides adequate traction</td>
</tr>
<tr>
<td>□ Emergency action plan is in place to deal with accidents/injuries</td>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
</tr>
<tr>
<td>□ Weight-training area is locked when not supervised</td>
<td>□ Safety rules/regulations are posted</td>
</tr>
<tr>
<td></td>
<td>□ Instructions for use of facility are posted</td>
</tr>
<tr>
<td></td>
<td>□ Emergency exit of indoor facility is clearly marked</td>
</tr>
</tbody>
</table>

#### Equipment

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Equipment to be used is suitable and in good condition</td>
<td>□ Appropriate footwear is worn</td>
</tr>
<tr>
<td>□ Equipment is checked regularly</td>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Instructions are given regarding the proper maintenance/storage of equipment</td>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ First aid kit and phone are available</td>
<td>□ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement</td>
</tr>
<tr>
<td></td>
<td>□ Clothing must meet requirement of the club</td>
</tr>
</tbody>
</table>

#### Other Considerations

<table>
<thead>
<tr>
<th>Other Considerations</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
<td></td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
<td></td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
<td></td>
</tr>
<tr>
<td>□ Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional</td>
<td></td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
<td></td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
<td></td>
</tr>
<tr>
<td>□ The student’s choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</td>
<td></td>
</tr>
</tbody>
</table>