ATSU Weightlifting Club Rules & Participant Contract

The ATSU weightlifting club aims to introduce strength training in the form of powerlifting and Olympic lifting to the TCC community. This club is open to all members of the TCC. Membership is open to all students, students’ spouses and family, faculty members of ATSU-Missouri campus as well as any paid member of the TCC, regardless of race, color, ability, creed, sex, national origin, marital status, sexual orientation, and religion. The ATSU Weightlifting Club will provide an organized introduction to weightlifting and weekly class times where coaches will be available to educate and motivate.

ATSU strives to protect each student from possible injury while engaging in school activities. The rules and information identified below have been established for this activity in order to protect the student and others from injury. Participants and should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk and may lead to being banned from the lifting club.

Guidelines are as follows:
1. Make certain that you follow all directions by the club coach. A club coach will be present when the bumper weights are taken out. At no time should these weights be taken out and used without a club coach present.
2. Notify those around you when you begin an attempt.
3. Use a partner/spotter when possible. Even if they can’t “catch” the weight they can make sure no one walks into a danger area around the lifter.
4. Use only equipment you have been instructed to operate.
5. Wear proper footwear in the weight room at all times. This will be clean, sturdy shoes that are laced up tightly. No slip-ons, untied shoes, or shoes that are deemed a hazard by the club coach.
6. Clean up anything that gets on the platform that could lead to someone slipping. If blood is noted, all lifting will stop until the blood is cleaned up properly per TCC rules.
7. Always use collars on bars, with no exceptions.
8. Weight training needs to be focused and serious. Horseplay will not be tolerated. Ensure that you are lifting within your known limits.
9. Advise the coach if you are ill or have any prolonged symptoms of illness.
10. Advise the coach if you have been injured.
11. Engage in warm-up activities prior to strenuous participation.
12. Be alert for any physical hazards or hazards in or around the participation area. Advise coach of any hazard or concern.
13. Abide by all safety rules and school rules related to use of the TCC.
14. The Club has the right to revoke permission for this activity at any time, especially for violations of safety rules and school rules.
15. The student has no permission or authority to allow any other individual the use of the equipment.
16. Immediately stop using the equipment if any defect in the equipment is found, take the equipment out of commission, and immediately notify a club leader or TCC representative.
17. Due to the limited equipment (increased numbers may lead to more equipment in the future) the standard rules that TCC has for all related events apply:
   a. Sign up 24 hours before the designated lifting time
   b. There will be a set lifter limit for each session.

18. The Lifting Club will provide basic coaching on lifting and will provide you with basic lifting programs. However, it is designed to be an opportunity to engage in the type of weight training that is not possible in the TCC weight room (i.e. Snatches, Clean & Jerks, Power Cleans, and other dynamic lifts that involve dropping the weight in a controlled manner).

19. The weights will always be used with the rubber mats. The lifter will always attempt to bring the weight down in a controlled manner. If you do not know how to do this, the club coach present will show you. Dropping the weights in an uncontrolled manner will not be tolerated. Respect the equipment at all times so that it will last for years to come!

20. At the initial training session, the Club Coach present will demonstrate the proper way to complete the lifts. The member agrees to accept his/her advice and demonstrate proper technique.

Tentative Schedule:

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Contact Information: TCC: 660-626-2213

Dan Martin: (dmartin@atsu.edu)

Club Coaches:

Michael McIntyre (mmcintyre@atsu.edu)

Jared Nichols (jnichols01@atsu.edu)

Thomas Van Vleck (tvanvleck@atsu.edu)

*Please sign and return the informed consent form. Participation will not be allowed until proper orientation is complete and the consent form is submitted to the TCC. Thank You
ATSU Weightlifting Club Informed Consent Form

In consideration of my desire to engage in the training programs provided to me by the ATSU Weightlifting Club, I understand and agree to follow the rules and regulations as presented to me. The information has been explained to me and I understand the provided rules and procedures. I also understand the necessity of using the proper techniques while participating in the weight training program.

I am aware that weight training is a HIGH-RISK SPORT and that practicing or competing in weight training will be a dangerous and unpredictable activity involving MANY RISKS OF INJURY. Because of the dangers of weight training, I recognize the importance of following the club coaches’ instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

I have read the above warning and release and understand its terms. I understand that weight training is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above.

I hereby assume all the risks normally associated with weight training and agree to hold ATSU, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family. I further agree that neither ATSU nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. I also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

By signing below, I certify that I have read the above, understand its content, and agree to its terms.

_________________________________  ___________________________________  _______
Athlete’s Name (Print Name)         Athlete’s Signature                   Date

__________________________________  ___________________________________  _______
ATSU Representative (Print Name)    ATSU Representative Signature         Date