



FUNCTIONAL FITNESS ROOM STATEMENT – STUDENT USE

Under certain conditions, students are granted the privilege of using the Functional Fitness Room (FFR). It is anticipated that students will respect this privilege by observing the Terms of Use relating to the environment, equipment and other users, as set out below.

Terms of Use

1. Students using the FFR must attend an induction with an appointed member of the Health and Physical Education Learning Area
2. Students are to follow all Terms of Use with regards to safety and hygiene
3. Students are only able to use the FFR when supervised by a member of the Health and Physical Education Learning Area
4. Access is restricted to students in Years 11–12
5. Students are to understand that this is not a heavy weights facility, and weights are to be lifted within the range approved by the supervising teacher
6. Students are to follow the instructions of the supervising teacher and use a 'spotter' where necessary
7. Students are to sign in when using the FFR Room and permission of entry is granted to only those who are using it for its purpose
8. Any injury must be reported immediately to the Head of Learning Area – Health and Physical Education, or a member of the Health and Physical Education Learning Area and an Incident Report completed
9. Any equipment malfunction or damage must be reported immediately to the Head of Learning Area – Health and Physical Education, the Physical Education Assistant or a member of the Health and Physical Learning Area
10. Students are to disclose any medical conditions that may impact on their personal or others safety to the Head of Learning Area – Health and Physical Education, or a member of the Health and Physical Education Learning Area
11. Access to the FFR does not give students access to other facilities (e.g., Basketball Courts, Dance Room etc)

Induction Process

A member of the Health and Physical Education Learning Area can conduct an induction for the FFR (including during Physical Education classes).

The induction process includes:

- Orientation of the Weights Room and emergency procedures
- Information on the safe use of the equipment
- Instructions on hygiene and cleaning
- Completion and return of the FFR Induction Checklist – This is to be signed by the student, their parent/guardian and a member of the Health and Physical Education Learning Area

The Physical Education Assistant is responsible for collecting and storing the Weights Room Induction Checklists.

Failure to Comply

Failure to comply with the FFR Room Statement may result in restriction of access to the FFR.



Functional Fitness Room Agreement



Name: _____

Date: _____

I have read the Functional Fitness Room Statement	
I have completed an induction on the equipment and understand how to operate it safely and respectfully	
I understand that this is not a heavy weights facility, and weights are to be lifted within the range approved by the supervising teacher	
I agree to report any equipment malfunctions immediately to the Head of Learning Area – Health and Physical Education, or a member of the Health and Physical Education Learning Area and assist in completing an incident report	
I have disclosed any medical conditions that may impact on my personal or others safety to the Head of Learning Area – Health and Physical Education or a member of the Health and Physical Education Learning Area	
I agree to wear the correct physical education uniform whilst using the Functional Fitness Room	
I agree to change back into full school uniform in time for my next class	

Signed - Student: _____

Date: _____

Signed – Parent/Guardian: _____

Date: _____

Signed – HPE Learning Area: _____

Date: _____



Functional Fitness Room Induction Checklist

	Completed
Orientation of the Functional Fitness Room and Emergency Procedures	
Students are to disclose any medical conditions that may impact on their personal or others safety to the Head of Learning Area – Health and Physical Education, the Sports Coordinator or a member of the Health and Physical Education Learning Area.	
Students are to sign in when using the Weights Room.	
Students are only able to use the Weights Room when supervised by a member of the Health and Physical Education Learning Area.	
Any equipment malfunction or damage must be reported immediately to the Head of Learning Area – Health and Physical Education, the Sports Coordinator or a member of the Health and Physical Education Learning Area.	
Information on the Safe Use of Equipment	
Students are to be shown the correct technique for each piece of equipment.	
Back straight.	
Bend your knees, not your back.	
Students are to understand that this is not a heavy weights facility, and weights are to be lifted within the range approved by the supervising teacher.	
Students are to follow the instructions of the supervising teacher and use a 'spotter' where necessary.	
Any injury must be reported immediately to the Head of Learning Area – Health and Physical Education, or a member of the Health and Physical Education Learning Area and an incident report completed	
Students are to understand that failure to comply with FFR Statement – Student Use may result in restriction of access to the FFR.	
Weights must be re-racked.	
Instructions on Hygiene and Cleaning	
Always wipe down the equipment after use.	
Completion and return of FFR Induction Checklist	
Signed by the student.	
Signed by the student's parent/guardian.	
Signed by HOLA HPE, or a member of the HPE Learning Area.	