

USD 364 Weight Room User Policy

Use of the MHS Weight Room is limited to the following individuals:

- **Current MHS Students enrolled in a Strength and Conditioning Class.**
- **Current College or Professional Athletes who are MHS alumni – must be approved by the Athletic Director.**
- **Current USD 364 Employees**
 - **Guests are not allowed**
 - **Children are not allowed**
- **The MHS weight room is designated for the primary purpose of serving our students and student athletes – they will have priority at all times. Eligible individuals may use the facilities before and after school as long as they do not overlap with the regular strength and conditioning or athletic practices.**
- **All eligible individuals wishing to use the weight room must be approved by the athletic director and sign a user/disclaimer agreement before using the facility.**
- **Eligible individuals need to have a partner when using the weight room. The lifting of weights should only be performed with multiple people present to provide proper spotting and assistance.**



Revised: 2/13/2023