

## 16 – 17 year old Gym Induction

### Important information for parents:

Gyms are a great way to improve fitness and strength, prevent injury by balancing overdeveloped climbing muscles and complement climbing specific training. However, improper use of the gym can also lead to injury. The Castle gym is a small facility with the following equipment:

- Dumbbells
- Free weights
- Olympic bar (6 ft straight bar) and Combo bar
- Squat and Bench press stands
- Rowing machine
- Dip/pull-up/press-up and knee raise stand

Additional equipment may be added at any time of a similar nature may be added at any time. The gym has Best Practice notices on how to use the equipment properly. **The gym induction will not include technical instruction on use of the equipment**, though we can recommend qualified personal trainers to give professional advice on gym use.

***I have read and understood the information above and consent to my child using the gym facilities at The Castle without supervision.***

Name of child:			
Name of parent/guardian:			
Signature of parent/guardian:		Date:	

### To be completed by the 16/17 year old:

I have read the important information above and understand that I can only use the gym provided that I comply with the Best Practice information covered in the induction and on the notices in the gym.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**To be completed by the DM or Instructor doing the gym Induction. Completed form to be stapled to the U18 Climbing Registration form.**

Name of child (print):		Registration number:	
Name of DM/instructor (print):			
Signature of DM/instructor:		Date:	

**PTO - Best practice information on reverse of this sheet.**

## Best Practice when using the Gym

- Warm up before your workout
- Use good technique rather than just getting through the set. This will decrease the risk of injury. Lift weights smoothly.
- Stay hydrated when working out.
- The Castle can recommend professional personal trainers who will help you get the most out of your gym workout.
- When using free weights always use the safety clips to secure the weights.
- Always use a spotter when working with heavy weights on the 6ft straight bar. The spotter will help guide the bar back onto the stand and make sure that the lifter is not stuck underneath the bar.
- Keep your back straight and bend your knees when lifting weights to avoid back injuries.
- Do not use the gym every day – ensure that you give your body time to recover between sessions.
- If you feel faint, dizzy at any time during the workout stop immediately. If your condition does not improve seek help.

### List of equipment

Equipment	Key points
Dumbbell (free weights)	<ul style="list-style-type: none"><li>• Always use the spring collars to secure weights.</li><li>• Replace free weights on stand when finished.</li><li>• Do not drop the weights – lower them carefully to the floor</li></ul>
Dumbbells	<ul style="list-style-type: none"><li>• Replace dumbbells on stand when finished.</li><li>• Do not drop the weights – lower them carefully to the floor</li></ul>
Straight bar	<ul style="list-style-type: none"><li>• Use a spotter when lifting heavy weights.</li><li>• Ensure back is in correct position for squat exercises.</li><li>• Always use the spring collars to secure weights.</li><li>• Replace free weights on stand when finished.</li><li>• Wipe down bench after use.</li></ul>
Combo bar	<ul style="list-style-type: none"><li>• Always use the spring collars to secure weights.</li><li>• Replace free weights on stand when finished.</li></ul>
Vertical Knee Raise/Pull-up/Dip bar	<ul style="list-style-type: none"><li>• Take care getting on and off the equipment</li><li>• Wipe down equipment after use</li></ul>
Squat stand	<ul style="list-style-type: none"><li>• Always ensure that the bar stops are level and at the appropriate height for the exercise</li><li>• Always ensure the locking pins are fully engaged before loading the bar holders.</li></ul>
Rowing machine	<ul style="list-style-type: none"><li>• Wipe down after use</li><li>• Stop using if feeling faint, dizzy or unwell</li><li>• Use correct rowing technique to avoid back injury (keep back straight and push with legs)</li><li>• Keep hair, clothing, fingers etc out of moving parts</li></ul>
Cycle (not yet available)	<ul style="list-style-type: none"><li>• Wipe down after use</li><li>• Stop using if feeling faint, dizzy or unwell</li></ul>