

Gentry High School in Gentry, Arizona, features a BFS weightroom that was carefully planned to ensure safety and efficiency.

# The Weightroom *Checklist*

Practical advice to keep your gym safe and organized

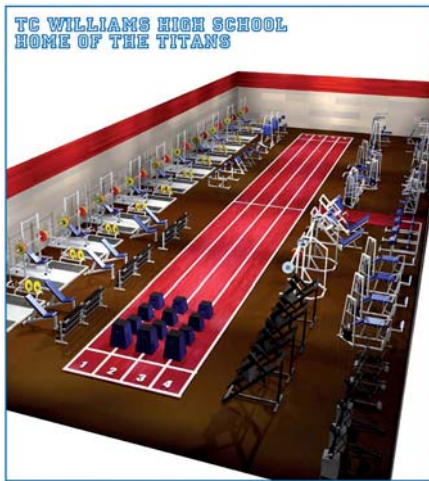
Just love it when a plan comes together!” is a famous line by John ‘Hannibal’ Smith, a lead character in the 1980s action television series *The A-Team*. Although Smith was fictional, his outlook is useful in real life. Start by ensuring your strength and conditioning program runs smoothly by using a maintenance checklist.

Of course, the first step before writing such a checklist is to properly design your facility. Dr. Marc

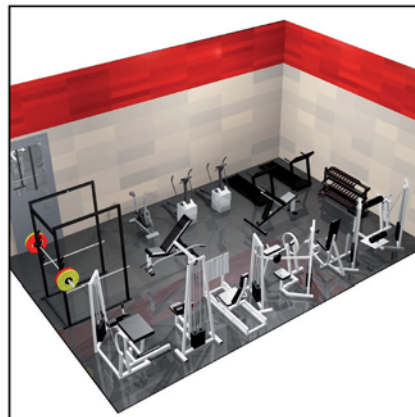
Rabinoff, a sports/liability expert who has been a consultant in over 600 litigations, says that approximately half the cases he has worked on were a result of poor facility design. “One of the major problems is having too much equipment for the space available. Often this is a result of school administrators or gym owners listening to the advice of equipment manufacturers who ignore safety considerations so they can sell as much equipment as

possible to increase their bottom line.”

A particularly useful service BFS offers is weightroom planning through the use of 3D illustrations. These illustrations are drawn to scale to show you exactly how your weightroom can look at various angles, thereby ensuring proper use of available space and the best design for safe traffic flow. For example, whereas three feet of space between equipment might be adequate, treadmills might require twice that



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One of the services BFS offers is weight-room planning through the use of 3D illustrations.



space. Having a 3D illustration is also a great way to help generate funding for a new facility so that potential sponsors can see what they can expect from their investment.

For detailed design standards and recommendations for equipment and facilities, the standard reference is the *Annual Book of ASTM*

*Standards*. Founded in 1898, ASTM International is a nonprofit organization that provides standards for materials, products, systems and services. In many of the cases Rabinoff has participated in, the recommendations in ASTM's annual publication provide much of the primary authoritative reference material.

To ensure that your plan comes together, Dr. Rabinoff has tailored the following checklist specifically for strength and conditioning facilities. It's invaluable to use in the initial stages of planning or upgrading your facility; then, after everything is in place, use the checklist on a regular basis to keep your weightroom safe and efficient. BFS



The weightroom for the Pioneers is designed to address all aspects of strength and conditioning.

# Weightroom Design Checklist

YES NO

## 1. Weight Training Area

- Space allows for easy access to equipment
- Walls free of protruding objects

## 2. Signage (BFS Safety Package)

- Instructional signs visible and undamaged
- Signs posted emphasizing safety
- Signs posted stating spotting requirements, warnings and acknowledgment of assumption of risk
- Entry/exits visible, marked and unobstructed

## 3. Environment

- Air exchanges and ventilation adequate
- Lights functioning properly
- Ceiling space sufficient for overhead lifts

## 4. Flooring

- Nonslip
- Shock absorbing
- Easily cleaned, repaired and replaced
- Free of debris
- Platforms available for Olympic lifting exercises

## 5. Mirrors

- Positioned higher than largest weight plates
- Secured and unbroken
- Positioned away from activity
- Above and away from dumbbell racks
- Easily cleaned and replaced
- Cracked and distorted mirrors replaced quickly

## 6. Equipment maintenance and service

- Receipts and all paperwork available associated with purchase
- Manufacturers' contact information available (phone, E-mail, fax)

## 7. New member/student orientation (BFS Safety Package)

- Acknowledgment form signed (assumption of risk)

YES NO

## 8. Weight training equipment

- Collars and clips
- Weight storage, dumbbell racks adequately positioned, easily accessible

Benches:

- Braced firmly
- Surfaces cleaned/disinfected regularly
- Warning signs visible and undamaged on equipment
- Weight machines, weight racks and anchor points securely anchored to wall/floor, where required
- Weight machines, squat racks have properly functioning safety stops

Weight machines, weight racks and pulley mechanisms:

- Cables not broken or frayed
- Mechanisms lubricated
- No nude-metal stress
- Corrosion free
- Nonslip material on pedals
- Nonslip rubber grips on machines

## 9. Cardiovascular/Circuit Training Area

- Warning signs visible and undamaged
- Climate controlled
- Nonslip flooring and drip mats
- Restrictions enforced for using area (regarding age or disability, etc.)
- Housekeeping: potential sites of infection controlled/disinfected
- Machine and equipment maintenance done regularly and documented
- Area supervised

## 10. Supervision by qualified staff

- Certified with practical and theory courses (BFS certification)



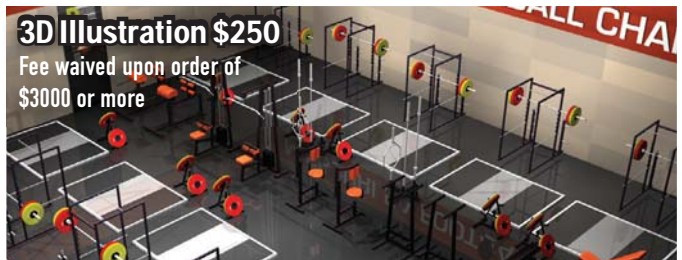
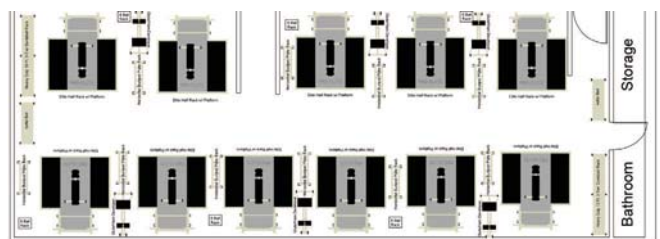
# CONCEPT TO COMPLETION™

## SUPERIOR WEIGHT ROOMS = ATHLETIC DOMINANCE

For over 35 years BFS has been providing middle schools, junior high schools and senior high schools with the tools they need for success. We'd like to do the same for your school. We are your full-service company for not only all your Exercise Equipment needs, but for safe and effective Exercise Instruction and Program Design.

The 2D illustration is the first step of the Concept to Completion process. These illustrations are drawn to scale to show you exactly how your weight room can be laid out, thereby ensuring proper use of available space and the best design for safety and traffic flow.

In addition to 2D illustrations, BFS can also provide you with 3D illustrations. These 3D renderings are drawn to scale to show you exactly how your weight room can look, ensuring proper use of available space and the best design for safe traffic flow. Having a 3D illustration is also a great way to help generate funding for a new facility. (BFS must complete a 2D illustration of your facility prior to the 3D illustration)



**3D Illustration \$250**

Fee waived upon order of \$3000 or more

### Ask about installation services!



BFS provides unmatched, ongoing support. With instructional clinics in safety and technique as well as coaches' certification courses, BFS provides all the tools for raising your program to THE NEXT LEVEL!

## BFS STEP UP TO SUCCESS PROGRAM BUILDING A GREAT WEIGHT ROOM - ONE STEP AT A TIME, ALL ON YOUR 3 TO 5 YEAR TIME LINE

Although it's great to get the funding to build a new weight room as we say, "From Concept to Completion," the reality is that many schools have limited budgets. The alternative is not to give up on your dream, but to take the process one step at a time.

Throughout this process of long-term planning BFS can help by providing you with a safety evaluation and needs analysis. From there we will help you establish an annual budget and then show the process, step-by-step, with 2-D and 3-D image rendering technology.

As an example, during the 1st year you could replace bent barbells with high-quality multi-purpose bars, and your solid steel weight plates with bumpers. The next year, replace worn-out benches and flooring. The following year start adding racks. Before you know it, your dream weight room will become a reality!

**CALL BFS AND TALK TO ONE OF OUR COACHES TO GET STARTED**

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