Olympic Weightlifting Platform Rules

- If you can "clean" it, you can clean it up.
- Keep bags, straps, belts, trash, water bottles, etc. off the platform at all times.
- Use only one-two drops of Liquid Grip. It's not hand lotion.
- Say no to the unhealthy rebound. Control the bar back to the platform unless a lift is completely missed. Do not let the bar crash down and bounce several times. Rebounds should be minimized to once bounce.
- Use the correct collars to prevent plates coming loose in between reps.
- During peak times, please allow others to work in.
- Only bumper plates are permitted on the platform with the designated Olympic bar; they are not allowed on any other bars or equipment.
- Please refrain from excessive yelling or grunting.
- Shoes must be worn at all times.
- The platform will periodically be reserved for classes.
- Chains may not be used on platforms.
- Campus Recreation staff reserve the right to modify or prohibit any exercise deemed unsafe or inappropriate for the platform area.

Lowering the Bar to Platform:
- Maximum Lifts- Guide the bar down in front of body, keeping hands on the bar to slow the descent and minimize rebounds to one bounce.
- Light Snatch weight-Lower the bar to the thighs and then lower to the platform under full control.
- Light Cleans and Jerks- Lower the bar to front of shoulders, then to the thighs, and then to the platform under full control.

Additional Information:

- The Olympic Weightlifting test out procedures cannot be bypassed for any reason.
- Check in at the Fit Lab desk prior to lifting sessions is required prior to each lifting session.
- A student ID number will be collected and placed in our internal database for check-in purposes.

By signing this agreement, you understand the rules of the Olympic Weightlifting Platform and of the ARC. In the event that any of our policies or rules are violated, you will be asked to leave for the day. Subsequent violations will result in revocation of your Olympic Weightlifting platform and/or ARC access.

Student Name: _____ **Student ID:** _____
Signature _____ **Date** ___ / ___ / ___