

Rules for Training at 41° Weightlifting Club

Influx Online Booking System

You must sign into sessions at least 30 minutes prior to them commencing.

Equipment

You must use clips, no clips no lift. The ONLY exception is if you are benching.

Respect the equipment, do not drop empty bars, only use the BLACK (colour coded) bars in the cages or for rack pulls.

Put things back where they came from.

If you don't know ask.

Barbell Club Courses run by MaD Strength and Conditioning have priority on equipment and space. The Coach running the course will let you know at the beginning of the session what their requirements are.

Conduct

You may be required to share equipment and space, be courteous to those you are lifting with.

Arrive on time and don't expect a Coach to stay late just because you were.

The Coaches have final say, any disrespectful conduct to a Coach will result in your access to training being revoked.

Only those individuals who work for MaD Strength and Conditioning are considered Coaches. (Hint If you don't have a key to the building, you are NOT a Coach).

Only offer training advice if someone asks for it. You are here to train not coach.