

November 29, 2023

Due to liability concerns with the weight room and students in the weight room lifting weights without a supervisor, the administrative team has met and we have set some parameters on weight room usage. The legalities for an unsupervised weight room for the school during the hours of 6:00 AM to 6:00 PM could put the school district at risk for a lawsuit if an accident occurred.

The following schedule is the schedule for the weight room on school in-session days.

6:00 AM-7:00 AM- Morning Weights with MPS Sponsor

7:00 AM- 4:00 PM- School Usage only

4:00 PM-6:00 PM- Usage allowed if scheduled with AD

6:00 PM-6:00 AM- Gym/Weight Room Membership

Weight room use will be allowed for students from 4:00 PM- 6:00 PM that has been scheduled with the AD by a certified coach in the weight room as a supervisor. This must be a coach who is on the MPS staff who has taken all coaching classes required by the NSAA or has recently taken a certified strength and conditioning class. The sponsor must be in the weight room for the entirety of the session. For example, the weight room cannot be sponsored from afar. It is one thing to go to the restroom and another to work in a classroom.

If a staff member sees a student in the weight room that is unsupervised, please approach the situation and investigate if there is a sponsor. If there is not a sponsor, please ask the student to leave the weight room. If the student does not comply, please contact an administrator.