

# NORTH DAKOTA STRENGTH

## ***Athletic Development Camp Rules and Reminders***

1. Prohibit any form of discrimination including harassment. Harassment or unwelcome behavior of any nature will not be tolerated. This includes but is not limited to bullying, cyber-bullying, sexual harassment/violence and hazing.
2. Prohibit the use of alcohol and other illegal substances. Campers may not possess, use, distribute, or sell alcoholic beverages, drugs, firearms, weapons or fireworks.(Campus Regulation)
3. UND is a tobacco free campus. No camper should be in possession of smoking or chewing tobacco. (Campus Regulation)

### **Lifting Reminders:**

- Athletes are required to use collars on the end of the bars.
- Athletes should **NEVER** set DB on an elevated surface.
- Athletes should wear proper training attire, particularly shirts and gym shoes at all times.
- Athletes should provide support and safety to other athletes by spotting any multi-rack or dumbbell exercises.
- Metal jewelry such as loose necklaces, bracelets, hanging earrings, and watches should not be worn unless needed for workout.
- Athletes should be 5 minutes early and prepared to start at their designated times.
- Athletes **MUST** stay focused while lifting.

### **Weight Room Reminders:**

- Shoes must be tied at all times.
- Athletes should immediately report any facility-related injury, or facility/equipment irregularity to the supervisor.
- Weight room equipment should be put back where it belongs after each session.
- Athletes are responsible for recording workouts and putting their own sheets away after each workout.
- Athletes should attempt to minimize chalk powder on the floor.
- The use of headphones is permitted in the cardio area only.
- No headgear, hats, bandanas, etc.
- Absolutely no horseplay. Athletes are here to work and improve.

Student Name/Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name/Signature: \_\_\_\_\_

Date: \_\_\_\_\_