

# Spotting Guidelines for Strength/Weight Training Classes

## General Rules to follow:

- When a student performance a lift at their maximum level, the instructor must be present during the lift.
- Student spotters must be of the same sex (i.e. males students shall not spot female students)
- Students spotting students is not appropriate without proper training and supervision by the teacher
- Students shall wear closed toe athletic shoes
- Students shall wear appropriate athletic attire

## Training Room Requirements

### Student lifter for Back Squat:

- Measure the rack (be able to lift the bar off – no tepee toes, shoulder height)
- The lifter will be trained to use the safety arms/racks/clips.
- Proper failure training for positioning

### Student Spotter Roles for Back Squat:

- Keep the bar in the rack, lifter stays in the cage, spotter can assist the lifter to return the bar to the rack
- Check the clamps

### General Recommendations:

- Spotting should be implemented when student lifters performing the Back Squat when the weight exceeds 50% of the 1 rep max, spotter will be used

### Student Lifter for Bench Press/Incline Press:

- Bench position
- Wrap thumbs
- Feet on the floor
- Communication with spotter – (i.e. “ready to the lift”)

### Student Spotter for Bench Press/Incline Press:

- Communication with the lifter
- Assist with lift off
- Spotter monitors/observes for failure of the lift, lifter cannot complete the lift
- Assists with returning bar to rack from overhead

**General Recommendations:**

- Spotting should be implemented when student lifters
  - o Bench press: When the weight exceeds 50% of the 1 rep max, spotter will be used

**General Recommendations for Student Olympic Lifts:**

- Students will be taught how to properly fail when performing Olympic lifts.
- All other forms of squats other than the back squat will not be spotted
- Student lifter measures their rack
- Keep the bar in the rack
- Lifters will be taught to take the bar off and return to the rack
- Lifter will be taught to drop
- Student spotter arms need to be clear from the rack except during the Back Squat

**General Student Equipment Requirements:****Suggestions Recommendations:****Videos to Assist and demonstrate.****USA Weight Lifting Safety Requirements Resource**