



## UCSB Olympic Weightlifting Platform Area Specific Policies, Safety, and Liability Protocol

---

Patron please initial each item:

\_\_\_\_\_ 1. Olympic lifting on platforms is restricted to patrons who are UCSB Campus Recreation Olympic Lifting "Authorized". I understand that I may only perform the Olympic lifts that I have successfully executed during the Olympic Weightlifting Skills Test and have been "authorized" to perform. The platforms may be reserved for Skills Test authorization appointments during scheduled times.

\_\_\_\_\_ 2. Patron must read the "Olympic Weightlifting Area Training Manual" AND complete the Policies, Safety, and Liability Protocol Packet prior to taking the Skills Test and utilizing the Olympic Weightlifting Platform Area.

\_\_\_\_\_ 3. Patrons must check-in at the Fitness Center Desk with their UCSB/Recreation Center ID card to gain access to the Olympic Weightlifting platforms. Patrons must visibly display the designated "Authorized User" Olympic Lifting Placard, or "Deadlifts Only" Orange Placard via the hooks on the mirror in front of the platforms. Placards are non-transferable and must be checked out individually at the Fitness Center Desk.

\_\_\_\_\_ 4. Exercises other than Olympic lifts and deadlifts are not allowed when utilizing the platform area. DEADLIFTS ONLY ALLOWED ON PLATFORM #1. Olympic Weightlifting warm-up exercises are permitted.

\_\_\_\_\_ 5. There is a 45 min time limit for patrons using the Platform Area. Patrons may sign up on a waiting list at the FC2 counter. Please allow others to work in.

\_\_\_\_\_ 6. Bumper plates and Olympic Weightlifting bars may ONLY be used for Olympic Weightlifting in the Olympic Weightlifting area.

\_\_\_\_\_ 7. Collars must be used at all times.

\_\_\_\_\_ 8. Chalk is strictly prohibited. However, 1-2 drops of Liquid Grip is allowed.

\_\_\_\_\_ 9. Partners waiting for their turn in the lifting rotation must stand to the rear of the platform, closest to the dumbbells, with their attention focused towards the active lifter.

\_\_\_\_\_ 10. Olympic weightlifting platform users must face the mirror while performing lifts. Walking or standing in front of a lifter as they are preparing to lift is distracting to the lifter and a breach of weightlifting etiquette.

\_\_\_\_\_ 11. All bumpers plates, and collars are to be cleared from the bar and put back in the proper location (bumper plates organized from lightest to heaviest, left to right) at the conclusion of the workout.

\_\_\_\_\_ 12. I understand that mobility and flexibility are a key component of Olympic Weightlifting movements. I will not perform lifts if I do not have sufficient range of motion or am injured.



## UCSB Olympic Weightlifting Platform Area Specific Policies, Safety, and Liability Protocol

---

- \_\_\_\_ 13. I understand that there are only two grips acceptable for new lifters, standard and hook grips.
- \_\_\_\_ 14. I understand how to “miss” Olympic lifts correctly.
- \_\_\_\_ 16. A maximum of six authorized patrons may use the Olympic Weightlifting area at a time (3 authorized patrons per platform).
- \_\_\_\_ 17. Spotting in the Olympic Weightlifting Area is strictly prohibited.
- \_\_\_\_ 18. Only one Olympic bar is permitted per platform at any given time.
- \_\_\_\_ 19. Shoes must be worn at all times.
- \_\_\_\_ 20. The platforms will periodically be reserved for classes.
- \_\_\_\_ 21. I understand that the only authorized assisted warm-up exercises are: clean pulls, Romanian deadlifts, jerks, snatch pulls, push presses, overhead squats, and front squats.
- \_\_\_\_ 22. Use of vertically stacked weight plates to create a heightened pulling base is prohibited.
- \_\_\_\_ 23. The Recreation Department staff reserves the right to modify or prohibit any exercise deemed unsafe or inappropriate for the platform area.
- \_\_\_\_ 24. The Olympic Weightlifting Skills Test procedures cannot be bypassed for any reason.

Patron Name (Print): \_\_\_\_\_

Patron Signature: \_\_\_\_\_

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

By initialing and signing this agreement, I understand the rules of the UCSB Recreation Department’s Fitness Center Olympic Weightlifting Platform Area. I understand that failure to follow the above guidelines will result in suspension from platform privileges and possible suspension from the UCSB Recreation Center facility. Further, I understand that I may only perform designated olympic lifts that I have successfully executed during the Olympic Weightlifting Skills Test and have been “authorized” to perform.

Performance Specialist Name (Print): \_\_\_\_\_

Performance Specialist Signature: \_\_\_\_\_

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

By signing this agreement I certify that the above patron has successfully completed the UCSB Platform Area Skills Test and has completed the Platform Area Specific Policies, Safety, and Liability Protocol forms.



University of California, Santa Barbara

## Waiver of Liability, Assumption of Risk & Indemnity Agreement

Elective/Voluntary Activities Waive

### Recreation Department

### Olympic Weightlifting Class/Activity

**Waiver:** In consideration of being permitted to participate in any way in **Olympic Weightlifting** hereinafter called "The Activity", I, for myself, my heirs, personal representative or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability from any and **all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents, or illnesses (including death) and property loss arising from, but not limited to, participation in The Activity.

**Assumption of Risks:** Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

**Indemnification and Hold Harmless:** I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

**Severability:** The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgment of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Age (if Minor)

\_\_\_\_\_  
Signature of Parent/Guardian of Participant if Minor

\_\_\_\_\_  
Print Name of Parent/Guardian of Participant if Minor

\_\_\_\_\_  
Date



## UCSB Recreation Platform Assessment / Skills Test

---

\*Patrons must complete the attached three page "Policy, Safety and Liability Packet" prior to taking the Skills Test.

\*Note that all movements that are bold and underlined must be performed adequately in order for the patron to be "authorized".

Patron Name: \_\_\_\_\_

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

- Staff / Faculty
- Community Member
- Student = Expected Graduation Year \_\_\_\_\_

### Clean From Hang

---

(\*Note: P: Pass/ NP: No Pass)

1. Set Up From Hang

- \_\_\_ Clean Grip
- \_\_\_ **Shoulders back**
- \_\_\_ **Neutral lumbar position**
- \_\_\_ Shoulders over wrists
- \_\_\_ **Knees are properly aligned**

2. Low Pull From Hang

- \_\_\_ Vertical shrug
- \_\_\_ Hips, knees, ankles extend ankles extend
- \_\_\_ Bar stays close to body

3. High Pull From Hang

- \_\_\_ Full hip extension
- \_\_\_ Elbows higher than wrists
- \_\_\_ Bar stays in line and vertical

4. Clean From Hang

- \_\_\_ **Catches bar with flat back**
- \_\_\_ **Stands up**
- \_\_\_ **Elbows up**

5. How to Miss a Clean

- \_\_\_ **Drops bar in front**
- \_\_\_ **Moves body (knees) back**

## 6. Front Squat

- Torso stays in line with shins
- Elbows stay up
- Back stays neutral/knees properly aligned**
- Thighs reach parallel to floor or below

## Clean From Floor

---

### 1. Set Up Position From Floor

- Clean Grip
- Shoulders back**
- Neutral lumbar position**
- Shins angled over bar
- Bar close to shins
- Feet forward

### 2. Full Deadlift (controlled speed)

- Stands up as one unit
- Spine position remains neutral**
- Shoulders stay back**
- Heels stay on floor

### 3. First Pull (faster)

- Stands up as one unit
- Spine position remains neutral**
- Shoulders stay back**

## Snatch From Floor

---

### 1. Set Up Position From the Floor

- Snatch Grip
- Shoulders back**
- Elbows locked**
- Neutral lumbar position**
- Shins angled over bar
- Bar close to shins

### 2. Snatch Grip Deadlift (controlled speed)

- Stands up as one unit
- Spine position remains neutral**
- Shoulders stay back**
- Heels stay on floor**

### 3. First Pull (faster)

- Stands up as one unit
- Spine position remains neutral**
- Shoulders stay back**
- Snatch Grip
- Neutral lumbar position**
- Shoulders over wrists
- Knees are properly aligned**

4. Low Pull From Hang
  - \_\_\_ Vertical shrug
  - \_\_\_ Hips, knees, ankles extend
  - \_\_\_ Bar stays close to body
  
5. High Pull Form Hang
  - \_\_\_ Full Hip Extension
  - \_\_\_ Bar stays in line and vertical
  
6. Catch
  - \_\_\_ Catch bar overhead
  - \_\_\_ **Arms in line with head**
  - \_\_\_ **Back position neutral**
  - \_\_\_ **Elbows remain locked**
  
7. Lowering The Bar to The Floor
  - \_\_\_ Lowers in a controlled manner
  
8. How To Miss A Snatch :
  - \_\_\_ **\*\*\*If the bar is in front**
  - \_\_\_ **Elbows remain locked**
  - \_\_\_ **Pushes bar forward**
  - \_\_\_ **Moves body and knees back**
  - \_\_\_ **\*\*\*If the bar is in the back**
  - \_\_\_ **Elbows remain locked**
  - \_\_\_ **Pushes bar back**
  - \_\_\_ **Jumps forward**

## Jerk

---

1. Overhead Press
  - \_\_\_ Jerk Grip
  - \_\_\_ Elbows locked at top
  - \_\_\_ Spine position stays neutral
  - \_\_\_ Arms in line with head
  
2. Push Press
  - \_\_\_ Dips down
  - \_\_\_ Heels stay in contact with floor
  - \_\_\_ Elbows locked
  - \_\_\_ Spine position stays neutral
  - \_\_\_ Arms in line with head
  
3. Push Jerk
  - \_\_\_ More powerful leg drive than push press
  - \_\_\_ Drops under bar
  - \_\_\_ Elbows locked
  - \_\_\_ Spine position stays neutral
  - \_\_\_ Arms in line with head
  - \_\_\_ Lands with hips and knees bent

4. Lowering The Bar From Push Jerk

- \_\_\_ Stands up straight
- \_\_\_ Lowers in a controlled manner

5. Split Jerk

- \_\_\_ Dips down to load
- \_\_\_ Drops under bar
- \_\_\_ Legs split at correct distance
- \_\_\_ Elbows locked
- \_\_\_ Spine position remains neutral
- \_\_\_ Arms in line with head

6. Lowering The Bar

**\*\*\*In order**

- \_\_\_ Half step with front foot
- \_\_\_ Half step with back foot
- \_\_\_ Lowers bar

7. How to Miss a Jerk

**\*\*\*If the bar is too far forward**

- \_\_\_ Push bar forward with straight arms
- \_\_\_ Step backward with front leg

**\*\*\*If the bar is too far back**

- \_\_\_ Push bar backward with straight arms
- \_\_\_ Step forward with rear leg

For Recreation Department Performance Specialist use only:

The participant has successfully demonstrated competency in the Olympic lifts below and is “authorized” to execute the indicated lifts utilizing the UCSB Fitness Center West Platform Area.

- Clean From Hang
- Clean From Floor
- Snatch Form Hang
- Snatch From Floor
- Jerk

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_