

# Powerlifting Club Practice Proposal

As powerlifting is a sport that can be practiced at any gym where there is a barbell and weights there will be distinctions on how practices should be performed if they are affiliated with the powerlifting club depending on if they are on or off campus. Because of the accessibility of powerlifting, practices may also be held on or off campus.

## On campus practices:

- Practice times:
  - Anytime the recreational facility is open for use by UIC students
- Members must abide to the rules of the recreation facility
  - Masks must be worn at all times
  - Maintain social distance when working out in groups
  - Follow instructions given by the attendants and supervisors
- Any powerlifting equipment that is taken from the closet must be checked out by a registered powerlifting club member
  - EQUIPMENT MAY NOT BE LENDED TO NON MEMBERS AS A MEANS TO MAINTAIN POWERLIFTING CLUB EQUIPMENT
- Members may practice at any time the recreation facility is open

## Off campus practices:

- Practice times:
  - Anytime the proposed fitness facility is open for use for the UIC students who choose to practice there
- Social distance must be maintained if working out in groups
- Masks must be worn at all times
- If there is a scheduled powerlifting club practice held outside of campus there must be at least 1 executive board member present to maintain practice guidelines and must be approved by the board
- Members may practice on their own at any time at the discretion of their fitness facilities while maintaining the guidelines stated thus far

## Other notes:

- If any of these guidelines are to be broken by any member, disciplinary action may be taken place at the discretion of the board members