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 bumper 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.
_____ 13. I understand that there are only two grips acceptable for new lifters, standard and hook grips.


_____ 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.
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.
*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 From 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**

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**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 From Hang
- [ ] Snatch From Floor
- [ ] Jerk

Comments:_______________________________________________________________________________________
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