Introduction:

UC Santa Barbara Recreation is excited to introduce Olympic Weightlifting to the Recreation Center with 2 new platforms in Fitness Center West. The Olympic Weightlifting Area is a monitored, controlled space where UCSB students and Recreation Center members may perform Olympic Weightlifting lifts after meeting certain safety criteria. Patrons wishing to utilize the Olympic Weightlifting Platform Area must be "authorized" by one of our nationally certified personal trainers prior to lifting. This manual is by no means a comprehensive overview of Olympic Weightlifting technique or coaching strategies. It has been created to cover facility rules and basic safety recommendations. For more information on Olympic Weightlifting coaching and services please contact gauchopulse@essr.ucsb.edu.

Equipment

The men's bar weighs 20kg (44 lb.) and is not to be moved from the platform (for example: to be used for bench pressing). The bar is designed specifically for weightlifting movements, and the sleeves will rotate to assist with these lifts. Weightlifting bars also have more “whip” or flex, compared to a powerlifting bar. A women's Olympic bar is shorter than the men's bar- 2.01 meters (6.6 ft) - and lighter - 15kg (33 lb.) - with a smaller grip section diameter (25 millimeters (0.98 in)).

Colored bumper plates are rubberized and designed to withstand dropping. They will bounce a bit when dropped, and the rubber mats on each side of the platform will minimize bounce and noise. The lifter is also responsible for controlling the bar as it bounces. **Colored bumper plates are only to be used on the platform.**

Training plates provide beginning or weaker lifters with the ability to begin each lift from the same position as a stronger lifter using the colored bumper plates. Training plates are designed to make contact with the platforms, however they **may not be dropped** because they are fragile, and should not be mixed in with bumper plates during a lift. Standard rubber encased metal plates (only 2.5 & 5 lbs) can be added to a bumper plate instead.

The storage area for bumpers and plates should be organized with weights in order from lightest to heaviest.

The platforms are only to be used with Olympic bars and bumpers/training plates (in some cases 2.5 and 5 lbs standard rubber encased metal plates). No benches, dumbbells, medicine balls, kettlebells, box jumps, bodyweight/calisthenic exercises are allowed.
Maintenance
(See FC2 Cleaning Schedule for Details)

- Bar sleeves are self-lubricating.
- Bars should be cleaned with True 7 and dried.
- Platforms should be swept and damp mopped daily (then dried), swept more often if needed due to use.
- Platforms are to be visually inspected after each use to ensure there is no damage to bars, platforms, or bumper plates. Weights should also be re-racked in order from lightest to heaviest (left to right, prior to returning ID card). Patrons may be held responsible for damage to the platforms and associated equipment that is caused by misuse.

***SPECIAL NOTE ABOUT BLOOD

Blood on the bars or platforms from scraping the shins is possible, due to novice lifters or lifters with incorrect mechanics. Inspect the bars each hour and be watchful for patrons with bloody socks, legs, or requesting band-aids. If the patron has been using the Olympic Weightlifting area, inspect and be ready to clean the bar and/or platform as needed according to the normal blood borne pathogen protocol.

Examples of Approved FC2 Platform Area Olympic Lifts

Clean (Power clean, hang clean, full or “squat” clean)

Snatch (Power snatch, hang snatch, full or “squat” snatch)
Clean and Jerk

CLEAN LIFTER (THEN STANDS UP STRAIGHT)

OVERHEAD SQUAT, BOTTOM POSITION

JERK

FRONT SQUAT (LIFTER SHOULD KNOW HOW TO BAIL OUT IF HE/SHE CAN’T STAND UP W/ THE WEIGHT).
Pulls (clean or snatch grip)

- **SIDE VIEW**
- **FRONT VIEW (SNATCH GRIP)**

Push press, push (or power) jerk, split jerk

- **ENDING POSITION OF A PUSH PRESS OR PUSH JERK**
- **ENDING POSITION OF SPLIT JERK (FEET ARE “SPLIT” APART, NOT PARALLEL)**
Grips

- Standard or “opposing” grip.
- Beginning of the “hook” grip.
- Final position of the hook grip.
- Thumbless grip (unacceptable).

Safety and Spotting

Due to the dynamic nature of most of these lifts, spotting is not allowed while on the platforms. Instead, the lifter must know how to “miss” a lift. Because a missed lift might entail the bar going from overhead to the platform either in front or behind the lifter, it is vital that other patrons in the area do not take shortcuts using the platforms when another patron is lifting. If patrons are lifting in a group (3 per platform max), all platform users waiting for their turn must remain alert and in a safe area with eyes and attention on the lifter. Safe areas for waiting include the far rear of the platform area closest to the dumbbells.

Examples of Missed Lifts
When missing forward, the lifter pushes the bar forward on straight arms and pulls the knees back to drop the bar forward safely.

When missing backward, the lifter pushes back on straight arms and jumps forward to drop the bar behind safely (the hands open to release the bar to fall freely when the bar has reached approximately the position shown, or slightly lower).

The stick overhead in a typical split jerk position.

The stick has travelled too far behind the shoulders and hips to be controlled safely so the lifter will push it back on straight arms and pull the back arm forward, out of the way of the falling bar.

Here the stick is too far forward, so the lifter will push it further forward on straight arms and pull the front foot back, out of the way of the falling bar.

*USAW Weightlifting Safety Recommendations*
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Good Technique</th>
<th>Poor Technique</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clean Deadlift</strong> (start of clean)</td>
<td>• Bar against shins&lt;br&gt;• Feet flat&lt;br&gt;• Shoulders in line or in front of bar&lt;br&gt;• Lower back “flat” (neutral spine)&lt;br&gt;• Upper back flat/ chest up (scapulae retracted)&lt;br&gt;• Feet are in ideal vertical jump stance&lt;br&gt;• Roughly a shoulder-width grip</td>
<td>• Bar not in contact w/ shins&lt;br&gt; • Heels up&lt;br&gt; • Shoulders behind bar&lt;br&gt; • Upper OR lower back rounded&lt;br&gt; • Feet too close or too far apart</td>
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<tr>
<td><strong>First Pull (from floor to knee level)</strong></td>
<td>• Shoulders, knees and hips move at the same rate&lt;br&gt; • Back stays flat/tight&lt;br&gt; • Bar stays close to legs-knees will naturally move backward to avoid contact</td>
<td>• Rounded back&lt;br&gt; • Hips move first&lt;br&gt; • Knees don’t extend on time, resulting in scraping shins w/bar</td>
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<tr>
<td><strong>Second Pull (from knee level to chest/shoulder level)</strong></td>
<td>• Bar stays close to legs/body&lt;br&gt; • Arms start to bend as a result of shrugging the shoulders as the lifter extends hips and pushes off floor w/balls of feet&lt;br&gt; • Bar should brush against lifter’s upper thighs&lt;br&gt; • Elbows stay above bar until turnover and catch.&lt;br&gt; • Feet jump out to squatting width</td>
<td>• Bar swings forward-away from body&lt;br&gt; • Arms already bent before bar passes knees&lt;br&gt; • “Reverse curling” the bar</td>
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<td><strong>The Catch (or “rack”)</strong> Lifter starts to drop underneath the bar to catch on clavicle/deltoid region</td>
<td>• Bar stays close to body&lt;br&gt; • Elbows whip underneath and in front of bar&lt;br&gt; • Elbows point forward (as much as possible)</td>
<td>• Bar swings forward&lt;br&gt; • Reverse curling the bar&lt;br&gt; • Elbows not elevated in the catch&lt;br&gt; • Feet jump out to extreme wide stance in order for lifter to catch the bar</td>
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<tr>
<td>Exercise</td>
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<tr>
<td>Front Squat (if doing full clean)</td>
<td>• Elbows stay up and forward</td>
<td>• Elbows drop</td>
<td>• Some lifters may do a push jerk instead, where legs do not split.</td>
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<td></td>
<td>• Lifter squats to parallel or below</td>
<td>• Upper back rounds</td>
<td>• Recovery from jerk entails moving front leg a half step back, then the back leg a half step forward before lowering bar to shoulders.</td>
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<td></td>
<td>• Back stays tight</td>
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<tr>
<td>Jerk</td>
<td>• Initiate lift with small dip in knees</td>
<td>• Torso angles forward</td>
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<td>After standing upright, lifter then</td>
<td>• Torso stays vertical</td>
<td>• Back leg straight at end of jerk</td>
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<tr>
<td>dips and drives bar overhead while</td>
<td>• Lifter transfers power from legs to bar to finish overhead w/straight arms</td>
<td>• Back heel on ground at end of jerk</td>
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<td>splitting legs front/back.</td>
<td>• Legs split with both knees bent</td>
<td>• Bar not over “crown” of head at end of jerk</td>
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Olympic Weightlifting Classes and Personal Training

**Targeted Group Personal Training - Olympic Weightlifting Sessions:** (group size minimum of 3, maximum of 8):
Participants will work on mobility, explosive power, and learn proper technique for Olympic Weightlifting movements including the clean, clean and jerk, and snatch. Classes meet 1 x per week for 8 weeks (8 hours of instruction).
For more information or to schedule an appointment contact Gaucho Pulse at: gauchopulse@essr.ucsb.edu.

**Personal Training- Semi-Private and Private Sessions:**
Nationally certified Personal Trainers provide one-on-one training to address specific health and fitness goals with individualized programming.
For more information or to schedule an appointment please e-mail: personaltraining@essr.ucsb.edu

*Please see Gaucho Pulse informational advertisements located in the binder for updated information on Olympic Weightlifting and additional Gaucho Pulse Programs and Services.
1. Olympic lifting on platforms is restricted to patrons who are UCSB Campus Recreation Olympic Lifting “Authorized”. To make an appointment to take the UCSB Recreation Authorization Skills Test please e-mail GauchoPulse@essr.ucsb.edu. The southwest platform will be reserved for Skills Test authorization appointments during scheduled times. To learn more about programs to develop Olympic Weightlifting skills and technique please e-mail gauchopulse@essr.ucsb.edu

2. Patron must read the “FC 2 Olympic Weightlifting Area Training Manual” AND complete the below 3-page 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 West 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 Green 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 West 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. During Peak times, 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.

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


15. I understand that I may only perform Olympic lifts that I have successfully executed during the Olympic Weightlifting Skills Test and have been “authorized” to perform by a Gaucho Pulse Health and Performance Specialist.

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. The platforms will periodically be reserved for classes.

20. 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.

21. Use of vertically stacked weight plates to create a heightened pulling base is prohibited.

22. Campus Recreation staff reserve the right to modify or prohibit any exercise deemed unsafe or inappropriate for the platform area.

23. The Olympic Weightlifting Skills Test procedures cannot be bypassed for any reason.
Platform “Authorization” Procedure

1. Patrons must be “authorized” by a Health and Performance Specialist before using the area.
2. Patrons may be “grandfathered” in once they have completed a Gaucho Pulse class or training session specific to Olympic Weightlifting and pass the platform authorization skills test.
3. Patrons who have previously completed a Targeted Group Personal Training Olympic weightlifting class or have previously worked privately with a UCSB Health and Performance Specialist with a concentration on Olympic lifts will be on a master list and be “grandfathered” in for authorization by Barb Beainy (barb.beainy@essr.ucsb.edu). Patrons who are “grandfathered” in must fill out the Platform Authorization Checklist and Waiver prior to using the area.
4. Patrons working with a Health and Performance Specialist will be allowed to use the area without authorization as long as a Health and Performance Specialist is present.
5. Authorization appointment sign ups will be maintained at the FC 2 front desk and information will be posted at the platform area.
6. See next page for authorization checklist. Patrons requesting to utilize the weightlifting platform area must sign a 3 page platform authorization waiver. Health and Performance Specialists will authorize patrons. It is the Rec Cen staffs’ responsibility to make sure all paperwork has been signed by the patron and the Health and Performance Specialist prior to issuing a “green card” to the platform user. Authorization is finalized once a patron has completed the authorization checklist and waiver, general etiquette and safety rules, waiver of liability, assumption of risk, and indemnity agreement. Staff must inspect forms thoroughly before signing off on any documents. All waivers must be signed!
7. Once a patron is authorized to use the platform please update the authorized users list in the platform authorization binder.
8. In order to utilize the platform a patron must present their ID and check out a placard (laminated green card) and hang it on the hook located on the mirror on front of their platform.
9. Upon completion of workout on platform area, Rec Cen staff must inspect the platform area before returning the patron’s ID card. If damage is indicated to the platforms, bars, bumper plates, ect., staff will withhold the patron’s ID card and fill out an Incident Report. In the event of platform or equipment damage staff will also contact a building manager immediately.
10. If a patron becomes injured while utilizing the platform area, staff will follow regular Recreation Center protocol and contact the appropriate personnel for assistance (Building Manager, supervisor, or emergency professionals). Staff will also complete a thorough Injury Report and immediately contact a Building Manager and the Wellness and Fitness Director.