

First Name: _____

Last Name: _____

REC1040 – L01 – Safe use, storage, and cleaning of equipment

Assessment days are the **first and third Tuesday** of every month, starting in October.

Student	Responsibility
	(Cardio) Treadmill #1-4
	(Cardio) Treadmill #5-7
	(Cardio) Bikes #1-5
	(Cardio) Bikes #6-9
	(Cardio) Elliptical #1-3
	(Cardio) Elliptical #4-6
	(Cardio) Row Machine #1
	(Cardio) Row Machine #2
	(Cardio) Free Bench
	(Cardio) Recumbent Bike
	(Cardio) Exercise Balls and Exercise Mats
	(Cardio) Kettle Bells
	(Cardio) Medicine Balls
	(Cardio) Dumbbells
	(Cardio) Skipping Ropes
	Gym
	Gym

Student	Responsibility
	(Weight) Standard Bench Press
	(Weight) Leg Press Machine
	(Weight) Power Rack
	(Weight) Smith Machine
	(Weight) Dumbbell Rack (Left)
	(Weight) Dumbbell Rack (Right)
	(Weight) Barbell Rack
	(Weight) Seated Row Machine
	(Weight) Standing Cable Machine
	(Weight) Free Benches
	(Weight) Shoulder Press Machine
	(Weight) Bench Press Machine
	(Weight) Incline Sit-up Bench
	(Weight) Lat Pulldown Machine
	(Weight) Pec Deck Machine
	(Weight) Lower Back Bench x2
	(Weight) Mats/Exercise Ball
	(Weight) Leg Curl Machine
	(Weight) Assisted pull-up Machine

	3	2	1	0
Safe use, storage, and cleaning of equipment.	<p><i>Student used equipment in a safe manner.</i></p> <p><i>Student cleaned and stored equipment correctly.</i></p>	<p><i>Student used equipment in a safe manner.</i></p> <p><i>Student required teacher prompting to correctly clean and store the equipment.</i></p>	<p><i>Student required teacher prompting to use equipment in a safe manner.</i></p> <p><i>Student required multiple prompts from the teacher to correctly clean and store the equipment.</i></p>	<p><i>Student was removed from class for unsafe actions endangering others around them.</i></p> <p><i>Student was absent or refused to clean equipment.</i></p>