

## BASEBALL/SOFTBALL CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Helmets are NOCSAE certified, correctly sized for each player, and sanitized regularly.			
Check catcher's glove, helmet, facemask, throat protector, pads and chin guards.			
Bats meet NFHS requirements and are checked regularly.			
There are protective screens and fences for players and spectators. Dugouts are protected from errant balls. The "on deck circle" and bull pen are out of harm's way.			
When necessary, screen protection for pitchers, first basemen and ball retrievers are used during practice.			
Inspect the batting cage.			
Inspect the bleachers and protective screening.			
Fence poles are on the outside of fences and the tops of low fences are capped.			
Each base's anchoring system is checked. The base anchor system is covered when base is stored.			
Consider using a machine for the "toss drill."			
Check for non-abrasive field markings.			
Remove unused equipment (rakes, pitching machine, etc.) from active areas.			
Changes are made with indoor baseball practice because of limited space.			
Have a whistle and use it.			
Teach proper fundamental and safety rules.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## BASKETBALL CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Check all backboard rims, padding and support cables.			
Check the padding on the walls behind backboards and nearby columns. (If a player might reach that area during normal play, pad that area.) Padding extends from the floor to a minimum of 6-7 feet and extends almost the full length of the end line.			
Have extra padding available to cover potential hazards during games, such as sharp railing edges or doorways. Pad scoring table edges and water fountains inside the gym.			
Check the protective screens on windows and light fixtures.			
Court equipment includes a mat for cleaning sneaks, extra towels, ball racks and mops.			
Check court access and control.			
The team bench is as far back as possible from the sideline.			
Check the bleachers, and if moveable, check the locking system.			
Have a whistle and use it.			
Teach proper fundamental and safety rules, including teaching players how to fall.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

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RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## CROSS COUNTRY CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Post appropriate flag signage on the course with flags at least 6 feet above ground and flexible.			
Recommend athletes wear warm up suits prior to and after running.			
Don't allow the use of earphones or headphones.			
As holes, ruts, and puddles may appear from day to day, check the site and the surrounding area regularly.			
Plan the running routes for practice.			
Avoid roads and streets as much as possible. If athletes do run on roads and streets, always face traffic and follow all traffic regulations. Use extra supervision when streets are used.			
Establish courses with planned points of observation. Have maps of the course.			
Ensure runners stay on the course and run only in indicated areas.			
The course width is a minimum of 3 feet wide, and has sections that permit runners to pass other runners.			
Ensure that inclement weather does not make the site hazardous.			
If running at dawn or dusk, ensure the use of reflective tape or attire.			
Never allow athletes to run by themselves; put runners in pairs.			
Have a whistle and bullhorn and use them. Have walkie-talkies and cell phones available.			
Teach proper fundamental and safety rules. Teach runners how to run on various terrains.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes. Supply water and ice.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## FOOTBALL CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Check helmets for NOCSAE approval, warning labels, and recertification label. Check padding, shell, and chinstrap. Instruct players on how to check helmet fit according to manufacturer's guidelines, how to check for leaks in air-type systems, and how to check all hardware.			
Check and instruct on how to fit all other equipment.			
Check that all players have mouthpieces and these are being used.			
If possible, have additional space (buffer zones) outside the regular playing area.			
Check all field equipment such as sleds, dummies and water fountains. Inspect yard markers and pylons. Cover all electric outlets near the field.			
Inspect the padding on the goal posts. Cover all hard surfaces near playing areas with protective mats.			
If possible, have a certified athletic trainer or other competent medical person available.			
Have a whistle and use it.			
Teach proper fundamental and safety rules.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

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 \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_

Athletic Director

DATE: \_\_\_\_\_

## GOLF CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Teach the courtesies of the game; these help improve safety.			
Meet with course administrators for a review of regulations and emergency procedures for the course.			
Remind players to follow all course signage.			
Remind players to apply sun block before going into the sun, and suggest a sun visor.			
Have all practice shots made at the practice area of the course.			
When practicing on school fields, ensure these are free of all other activities. Be sure to account for all balls used.			
Before swinging a club, make certain the area is clear. Use a minimum zone of 5 yards buffer zones between players to the sides and back.			
Remind players to check before walking out of a hidden area.			
If you use carts, have only two players to a cart. All parts of the body must be inside the cart.			
Have a whistle and use it.			
Teach proper fundamental and safety rules.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_  
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RECEIVED BY: \_\_\_\_\_  
 Athletic Director

DATE: \_\_\_\_\_

## SOCCER CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Goals are permanently installed, or well anchored using a goal anchor system such as J-stake, auger or sandbags to stabilize portable goals.			
Goals have the appropriate CPSC orange warning labels.			
Check the goal nets.			
Check field and goals prior to use, for debris, holes and other hazards.			
Flexible corner flags or rubber boundary cones are used.			
There is at least a 30-foot "buffer" zone around the field. Space is maintained for walkways, especially at multi-game events.			
Player benches are back a minimum of 10 feet from sideline.			
Overlapping of drill space is avoided to prevent collisions.			
Store unused goals where they cannot be played on.			
Don't use balls made heavy by wet weather or mud.			
Ensure players wear safety equipment including shin guards inside the sock, and quality shoes. Mouth guards are recommended.			
Safety equipment for the goalkeeper, including pads for the elbows, knees and hips, are recommended.			
Have a whistle and use it.			
Teach proper fundamental and safety rules, with special attention given to heading, slide tackling and falling.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_

Athletic Director

DATE: \_\_\_\_\_

### SPIRIT/CHEERLEADING CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
All activities are approved according to the NFHS rulebook.			
Avoid rebound equipment, stunts under/over a mount or pyramid, flips or knee drops off pyramids and collapsing pyramids.			
Pyramids and partner stunts are no higher than two persons.			
Basket tosses are from ground level and spotting is used.			
All landings are assisted.			
Mats and a spotting harness are available and used when needed.			
There are regular practices.			
Practices are in a separate area that is free of distractions.			
The area of activity is checked prior to use. It is slip free, clean, flat and free from debris and protrusions. Concrete floors are avoided.			
Participants do not wear baggy clothes or jewelry, nor have long fingernails or long, loose hair.			
Outside help is obtained if skills or choreography go beyond the coach's skill level.			
Safety and warning signs are posted.			
Have a whistle and use it.			
Teach proper fundamental and safety rules, including spotting and falling and the use of specific oral and visual commands (start, abort, ready to spot).			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

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RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## SPORT AND PLAY DAYS CHECKLIST

*Special athletic days such as tournaments, pre-season scrimmages and special events.*

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Coach/administrator has planned in advance of the event. S/he has checked the site for parking, traffic flow, base locations for teams, spectator and band seating, means of communication, and security.			
Written guidelines and schedule is published.			
Clear directions and information is sent to participating schools prior to the event. Schools bring participant medical emergency cards.			
A staff member is in charge and on site on the day of the event. This person checks that site preparation is complete before participants arrive. All equipment is checked prior to use. If necessary, barriers are in place. Information and caution signage are in place.			
Maintenance staff is available on the day of the event.			
All participating schools are supervised. Greeters and escorts for the arriving teams are available.			
A crowd control plan is in place and security personnel are available if needed. Field marshals assist with supervision.			
Sports Day staff are identifiable. There are ID badges for participants.			
There is a means of communication with all site staff.			
There is a medical emergency plan in place that includes medical personnel, a first aid station, ambulance service, and phone communication.			
Supervising staff has whistles.			
Remind participants of proper fundamental and safety rules.			
Use sports-specific stretches, warm up and cool down if needed.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director



## SWIMMING AND DIVING CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Coach is knowledgeable and certified by a recognized aquatic organization. S/he follows American Red Cross aquatic safety guidelines.			
The pool has all the appropriate life saving equipment, including: ring buoys, shepherd's crook, ropes, spine board and head brace, blankets, and first aid equipment.			
The pool has lifeguard chair, floatation and lane lines, warning signage, depth markings on deck and pool walls, posted pool regulations, and a water testing kit. The pool has corrosion resistant non-protruding ladders and eyebolts.			
There is a designated lifeguard for all practices.			
Deck space is appropriately sized, non-skid, clean, and free of obstructions.			
The pool water is clean and clear. Check for any underwater hazards and the underwater slope in relationship to diver entrance.			
There is a separate area for diving or alternate diving and swimming. There is a separation between swimmers and spectators.			
Starting blocks are in the deep end, with non-slip surface on blocks.			
One-meter board has a minimum of 12 feet of water. Ceilings are at least 16' above diving boards.			
The "one person on the board at a time" rule is followed.			
There is regularly scheduled pool maintenance.			
Supplies and equipment are stored safely.			
The locker rooms are checked for hazards.			
Have a whistle and use it.			
Teach proper fundamental and safety rules.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## TENNIS CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Check player's racquet for correct sizing, tension, grip, missing parts and cracks.			
Court is free of trip hazards such as balls, racket covers and articles of clothing. On hard court check for gritty surfaces, cracks, wet spots, and proper drainage. The chain link fence is a minimum height of 10'.			
There are "buffer zones" between courts of at least 12 feet. There is space behind the back line of at least 21 feet.			
The nets, posts, and balls have been checked.			
Information signs are posted outside courts.			
Towels are available for drying racquets and surface wet spots. Mats for the cleaning of sneakers are recommended.			
Only one player is permitted at a rebound board.			
The no "jumping over the net" rule is enforced.			
When needed shade and seats are available for players.			
Have a whistle and use it.			
Teach proper fundamental and safety rules. Emphasize the sportsmanship and etiquette of the game.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

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RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## TRACK & FIELD CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Only approved equipment is used.			
Check all equipment prior to the activity including: starting blocks, hurdles, high jump equipment and landing area, crossbars, pole vault equipment, shot put, discus, the discus cage, javelin equipment, and landing mats (that mats do not separate).			
Don't allow the use of earphones or headphones.			
Have throwing events at a separate field if possible. If not possible, adjust the time schedule for these events.			
The facilities are free of debris, holes and trip hazards. Runways are flat and free of holes. and takeoff boards are serviceable. The curb of the track is obvious and free of breaks.			
Barriers and buffer zones are in place for all events. Additional padding and barriers are available.			
Inspection for proper markings for lanes and buffer zones occurs between events.			
Qualified coaches and officials are used for the running, jumping and throwing events.			
Only trained staff retrieve throwing implements.			
Only active participants, coaches and officials are on the playing field.			
All unused equipment, including maintenance tools, are stored. Hurdles are kept away from track when not in use.			
A clear signal system must be in place for clearing the track and for emergencies.			
A bullhorn, cell phone and public address system are available. Have a whistle and use it.			
Teach proper fundamental and safety rules. Remind participants how to set up, use and take responsibility for their equipment.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

## VOLLEYBALL CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Recommended equipment includes: <ul style="list-style-type: none"> <li>• Elbow and kneepads and sweat suit (recommended)</li> <li>• Body type glove and thigh wraps</li> <li>• Protective eye guards (optional)</li> </ul>			
The court is clean, flat and smooth.			
Side by side courts have a large buffer zone.			
Guidelines for setting up and taking down equipment are followed.			
If using heavy base portable standards, check for proper padding (at least 5'6" high and at least 1" thick) under and on top of the base. Sleeve plates are recovered after removing standards.			
Walls within reasonable distance of the court are padded. Nearby wall protrusions have been removed or covered. There is padding on the judge's stand.			
Guide wires should be identified by bright colored material and padded if possible.			
Nets which have a high tensile rope for the upper cable are recommended.			
Check all fittings, including floor plates and antennas on the net.			
All equipment is stored and secured when not in use.			
A ball cart is used to prevent loose balls on floor.			
Body sweat on floor is dried immediately.			
Have a whistle and use it.			
Teach proper fundamental and safety rules, including how to fall and dive.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

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\_\_\_\_\_

RECEIVED BY: \_\_\_\_\_  
Athletic Director

DATE: \_\_\_\_\_

## WEIGHT TRAINING CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Supervision is required at all times.			
Spotting is required for free weights.			
There is proper spacing of equipment and walkways.			
The free weight area is separate from machine weight area.			
Stretching space is available.			
Check floor surface for trip hazards such as electric cords, debris and wet spots.			
Keep all weights, collars and bars off the floor and are properly stored when not in use.			
Check exercise and shock absorbing weight mats.			
Equipment and facility are clean, and disinfectant squeeze bottles are available.			
Weight lifting gloves, belts and "mag" are available.			
Check all equipment on a regular basis: <ul style="list-style-type: none"> <li>• Items are secure and/or stable on floor.</li> <li>• Chains, pulleys and cables are in working order.</li> <li>• There is no corrosion or rust.</li> <li>• Machine "safety stops" are operable and not bent.</li> <li>• Wall attachments, such as chinning bars, are secure.</li> <li>• Barbell and weight storage racks are stability.</li> <li>• Rowing machines, bikes, and climbers are in good working order.</li> <li>• Warning and information labels are on the machines.</li> <li>• Homemade equipment is not used.</li> </ul>			
Follow the schedule for regular equipment maintenance according to manufacturer's recommendations.			
Safety and warning signs are posted.			
Have a whistle and use it.			
Teach proper fundamental and safety rules.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

RECEIVED BY: \_\_\_\_\_

Athletic Director

DATE: \_\_\_\_\_

## WRESTLING CHECKLIST

COLLEGE: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

ITEM/ISSUE	OK	Not OK	COMMENT/ACTION
Use only approved wrestling mats with warning labels. Check mats daily for cleanliness, cuts and taping. Ensure mats are taped at all times with 3-4 inch wide strip of wrestling tape.			
Where needed, wall mats are used and are a minimum of 6 feet high.			
Mat disinfectant is used daily.			
To prevent curling, keeping wrestling mats flat when storing is recommended.			
Supervise the moving of mats.			
Assign drilling groups to a specific area on the mat.			
A plan is in place to deal with blood exposure. Wrestling mop, water, and towels are available.			
Participants do not wear jewelry, nor have long fingernails or long, loose hair.			
Have a certified scale to check weights.			
Have a whistle and use it.			
Teach proper fundamental and safety rules, including how to fall, roll, lift and protect oneself going to the mat.			
Use sports-specific stretches, warm up and cool down.			
Ensure proper hydration of athletes.			

OTHER CONCERNS OR COMMENTS: \_\_\_\_\_

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RECEIVED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

Athletic Director

# ANNUAL BLEACHER INSPECTION REPORT

SCHOOL: \_\_\_\_\_

DATE: \_\_\_\_\_ INSPECTOR: \_\_\_\_\_

LOCATION: \_\_\_\_\_

Note: NFPA #102 recommends that the inspection be performed at least biennially by a professional engineer or qualified service personnel.

Check item if correct and note in REMARKS when problems are found.

## ALL BLEACHERS

(check above and below bleacher)

- \_\_\_\_\_ Welds intact
- \_\_\_\_\_ Fittings/joints secure
- \_\_\_\_\_ No broken/missing/loose hardware
- \_\_\_\_\_ Ends of bolts/tubing capped
- \_\_\_\_\_ No loose nuts/bolts/pins/other fasteners
- \_\_\_\_\_ No exposed pinch/crush points
- \_\_\_\_\_ Rods/retaining brackets intact
- \_\_\_\_\_ No visible bending/warping/breakage of any component
- \_\_\_\_\_ No rust or paint needed
- \_\_\_\_\_ No loose/broken/missing steps, rungs, or rails
- \_\_\_\_\_ No broken or cracked wooden members or splinters
- \_\_\_\_\_ For permanent grandstands, access to understructure is restricted
- \_\_\_\_\_ Change in level walk areas easily visible

## TELESCOPING BLEACHERS

(both columns should be completed)

- \_\_\_\_\_ No uneven spacing in stacked rows
- \_\_\_\_\_ Wall ties secure
- \_\_\_\_\_ Floor anchors tight
- \_\_\_\_\_ Moving parts lubricated
- \_\_\_\_\_ Slide stops functional
- \_\_\_\_\_ Row locks move freely and engage
- \_\_\_\_\_ Rail sockets secure
- \_\_\_\_\_ Floor traction system operates smoothly
- \_\_\_\_\_ Power operation drums secure
- \_\_\_\_\_ Push-pull chains straight with even tension
- \_\_\_\_\_ Push-pull pads in place
- \_\_\_\_\_ Warning plates "DO NOT CLIMB" affixed

## REMARKS:

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## REPAIR PRIORITY:

1- Imminent Hazard  
(Repair Immediately)

2- Scheduled Maintenance  
(Repair Next Visit)

3- Planning  
(To Admin. for \$)

DATE REPAIRS COMPLETED: \_\_\_\_\_ BY: \_\_\_\_\_

# ATHLETE'S EQUIPMENT FORM

Sport: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Telephone Number: \_\_\_\_\_

*This may not be a comprehensive list. Please add other equipment checked out.*

ARTICLE	# OR SIZE	N/A	OUT	IN
Practice pants				
Practice jersey				
Socks				
Sweatshirt				
Sweat pants				
Skirt				
Shoes				
Sneakers				
Helmet				
Shoulder pads				
Thigh pads				
Hip pads				
Kneepads				
Sliding pads				
Belt				
Baseball cap				
Game pants				
Game jersey				
Game stockings				
Special equipment				
Cheerleader equipment				
Other:				
Other:				
Other:				

I have received the above checked articles and/or equipment. I agree to be personally responsible for the care of those articles. I will return all the equipment when requested.

\_\_\_\_\_  
*Signature of Student*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of Coach/Equipment Manager*

\_\_\_\_\_  
*Date*



## FACILITY INSPECTION FORM

Check the facility prior to use. When in doubt, do not use. Keep this checklist on file.

ITEM	OK	NOT OK	N/A	COMMENTS
All surfaces are free from debris, wet spots and trip hazards.				
Fields are free of holes and erosion.				
All stationary and portable field equipment is in good repair.				
Out of season equipment is removed from playing fields.				
Spectators are protected from balls and other projectiles.				
Exposed cement surfaces caused by erosion are covered.				
There are appropriate safety zones between sidelines, fields and spectators. There are barriers between participants and spectators.				
All equipment meets NFHS standards.				
Equipment is checked prior to use.				
Equipment is properly labeled with information and warning messages.				
Unused equipment is safely stored.				
Signage is in place, especially emergency information.				
There is proper lighting. Lighting sources are protected from balls and projectiles.				
Electric cords are not exposed.				
A maintenance schedule is in place.				
Storage areas and facilities are secure.				
All doors open from the inside. All low windows have safety glass.				
Fire extinguishers are available.				
Alarm systems in working order.				
Phone and other communication systems (such as P.A.) are in working order.				
Wall padding is in placed behind backboards and other areas near activity. All backboards are padded according to regulations.				
All supportive cables and standard plates properly installed in good repair.				
Bleachers are safe and in working order. Check for sharp edges.				
Traffic patterns are appropriate.				

# Fitness Lab Safety Inspection

Station #	Description	Pulleys and Cables	Mechanics	Upholstery/ Grips
1	(Tricep Extension)			
2	(Arm Curl)			
3	(Deltoid & Pectoral)			
4	(Shoulder Press)			
5	(Pulldown)			
6	(Chest)			
7	(Seated Row)			
8	(Inner & Outer Thigh)			
9	(Inner & Outer Thigh)			
10	(Leg Extension)			
11	(Leg Curl)			
12	(Seated Leg Press)			
13	(Leg Press)			
14	(Total Body Adjustable Pulley)			
15	(Total Body Adjustable Pulley)			
16	(Seated Cable Row)			
17	(Adjustable Cross Over)			
18	(Adjustable Cross Over)			
19	(Lat Pull)			
20	(Standing Tricep Extension)			
21	(Half Rack)			
22	(Half Rack)			
23	(Smith Machine)			
24	(Half Rack)			
25	(Half Rack)			
26	(Glut & Ham Developer)			
27	(Back Extension)			
28	(Abdominal Crunch)			
29	(Abdominal Bench)			
30	(Pull-Up & Dip)			

Station #	Description	Power On /Electrical	Mechanics	Upholstery/ Seats
1	Recumbent Bike			
2	Recumbent Bike			
3	Recumbent Bike			

Station #	Description	Power On /Electrical	Mechanics	Upholstery/ Seats
1	Upright Bike			
2	Upright Bike			
3	Upright Bike			

Station #	Description	Power On /Electrical	Alignment	Mechanics	Upholstery/ belts
1	Treadmill				
2	Treadmill				
3	Treadmill				
4	Treadmill				

Station #	Description	Power On /Electrical	Mechanics	Upholstery
1	Elliptical			
2	Elliptical			
3	Elliptical			

Column:	Sanitation	Inspected
1	Disinfectant/detergent	
3	Clean Towels	
4	Swept/clean floor	

Column1	Additional Safety Checks	Yes	No
1	Good flooring condition		
2	Exits clearly marked		
3	Fire Extinguisher Accessible		
4	First Aid Kit Accessible		
5	Trip Hazards		
6	Electrical Cords/No splices or tape		

Date:

Inspector's Name:

2nd Inspector's Name