

## Modifications For Weight Room

• Note: Your local Occupational Therapist and/or Physiotherapist should be consulted to prescribe any activities for your student in the weight room.

	
<ul style="list-style-type: none"> <li>• Use the pulley equipment with no weights.</li> </ul>	<ul style="list-style-type: none"> <li>• With hand over/under hand assistance, lift light hand weights</li> </ul>
	
<ul style="list-style-type: none"> <li>• Student may be able to move in wheelchair to pull self towards the equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Students can reach up to experience stretching from different directions, with hand over hand assistance.</li> </ul>
	
<ul style="list-style-type: none"> <li>• Use eyes and both hands together in holding and pulling activities with weights.</li> </ul>	<ul style="list-style-type: none"> <li>• If able to get out of the wheelchair, it may be possible to practice getting up and down from the floor.</li> </ul>

- Use the Step-by-Step Communicator or other voice output to greet classmates and the teacher.
- Provide safety reminders on the Step-by-Step Communicator for a classmate using the weight equipment.
- Ask questions regarding the use of some of the equipment to classmates or the teacher.