Spotting Guidelines

Rule #1 The lifter is responsible to find his/her own spotter.

The Spotter is a person who helps the lifter execute the lift. The spotter has many responsibilities which include ensuring the safety of the lifter, helping the lifter complete all their repetitions, knowing and encouraging proper technique as well as knowing the proper spotting technique and check for any dangers that may be around the lifting area.

Rule #2 both the lifter and spotter need to have stable positions.

Spotting free weight exercises varies with the lift as well as the implement. If the lifter is using barbells the spotter will place their hands on the bar outside the lifter hands. If the lifter is using dumbbells, the spotter holds the lifters wrists to help control the dumbbells.

Rule #3 Communicate

Common Mistakes:

- lifting the bar too soon

- not paying attention when the lifter tries to remove or rack the bar
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- spotting with two fingers or one hand, jerking the bar from the lifter or grabbing the bar from one side
- The spotter does not lift the bar off the rack until they are signaled by the lifter, this guarantees the lifter is ready to being the exercise
- After the lift off the spotter must focus on the exercise until the set is completed and the bar is returned to the rack. It only takes a split second for the bar to fall on the lifter causing serious injury
- When a lifter starts to struggle, the spotter should put their hands under the bar and apply enough force so that the bar continues to move without “jerking” or “pulling” the bar from the lifter. This permits the lift to continue in a smooth pattern and prevents the lifter from being hurt.
- If there is more than one spotter, they must work in unison

Rule #4  Lifter do NOT quit/give up and let the spotter do all the work if you have a failed attempt.