

Safety

General Rod Handling

- **Make sure that whatever rod you use is not too heavy for you, and that you feel safe, comfortable and confident in handling it.**
- The dynamics of a moving rod are different to those of a dumbbell, the forces through leverage can be high. It is necessary to train very carefully when beginning, in order to find the safe limits for the movements.
- By progressing in rod weight, starting off with a light rod, the risk of injury is minimised and strength can be built gradually before moving on to a heavier rod.
- The routines require strength in positions not commonly trained. It is necessary, when beginning, to move the rod with extra care until the weak spots become strengthened.
- The rod must be moved in a smooth way and not bouncing or jerking.
- When stopping the rod from moving, it needs to be done gradually so that the maximum force is always within the body's capability.
- Allow sufficient time for recovery, repair and growth.
- As with weight training, it is not good to do the same routines every day, but to train with variety. For example, emphasising squatting type exercises one session and handling type exercises the next will help prevent over working any particular body part.
- Always warm up and stretch before training.
- Rubber end-caps can be fitted to the rod in order to reduce the risk of impact damage.
- The weight of the rods calls for special care and attention to surroundings, making sure there are no other people or animals likely to come within range during practice. This is especially important when practicing outdoors. Indoors, it can be good practice to post warning notices and keep the door closed when training with the rod.

Precaution in Case of Injury

It is hoped that exercising using the metal rod is safe and injury free, however, as a precaution, here are some important first aid rules.

- Should any pain occur during a movement – **stop immediately.**
- If the pain continues seek the help of a qualified practitioner.
- In the event of acute inflammation (ie pain and swelling) use the following procedure:
 - Rest:** Remove any load or weight bearing from the injured part.
 - Ice:** Apply ice for a short while to reduce pain and help stop internal bleeding
 - Compression:** Apply pressure locally to help prevent swelling
 - Elevation:** Keep the injured part above chest level to help drain any swelling.
- In the event of an injury it is important to seek professional assistance, especially if the above procedure does not reduce painful symptoms within 24 hours.
- Anyone considering these exercises or any other exercise system is strongly advised to first consult their physician.

Always train with care.