



Weight & Fitness Area Policies and Procedures

Patrons should use extreme caution when lifting weights to avoid potential injury to themselves or others.

Cardiovascular equipment is to be used by one individual for a maximum of 30 minutes. Please be courteous to others.

To avoid congestion and waiting lines, patrons should allow others to work in between sets while using strength training equipment.

1. Closed toe athletic shoes are required. No boots or other hard-soled shoes are allowed.
2. Appropriate athletic attire, such as t-shirts, shorts, warm-up suits and work-out clothing is required. Jeans and or street clothes that have rivets on them may not be worn.
3. Patrons should bring a dry towel to wipe down weight equipment, benches and cardio-vascular machines after use. The towel must be large enough to cover the patron's entire back.
4. Personal belongings such as backpacks, wallets, etc. may be placed in the cubbies under the Fitness Center stairs or in daily use lockers located in the locker room for your convenience.
5. Beverages in plastic, resealable containers are allowed. Beverages are not allowed in the free weight area.
6. All equipment must be returned to its proper location after use.
7. Weight belts that may damage equipment must be removed or covered appropriately.
8. Dumbbells **cannot** be dropped to the floor.
9. All free weight equipment must be kept in the free weight area.
10. Weights and bars of any kind cannot be leaned against the wall, pillars, equipment, or mirrors.
11. Spotters are strongly recommended for all weight lifting exercises.
12. Collars must be used with all bars in the free weightlifting area.
13. Personal Training is not allowed in the facility without SRC approval.
14. Profanity, excessively loud or suggestive language will not be tolerated.
15. All equipment must remain in the Fitness Center.
16. Please ask Student Recreation Center staff to adjust blinds if necessary.
17. Student Recreation Center staff may ask any patron to leave the facility if necessary.
18. Please direct all concerns and maintenance needs to the Student Recreation Center staff.