



## RULES & POLICIES

- **ALL** members are required to check in at the front desk with University issued ID.
- Bags and other personal belongings may not be placed anywhere in the Fitness Center. Keys, IDs, and other belongings may be placed in the cubbies provided.
- Beverages must be in an unbreakable, re-sealable container.
- Food, tobacco, and alcohol are not permitted.
- A workout towel is **REQUIRED** for entry.
- A full-length shirt (*no mid-drift or open-sided tops*) and closed-toed, athletic shoes are **REQUIRED**.
- Wipe off the equipment after each use.
- Collars are required when using free-weight bars.
- Spotters are recommended at all press stations and squat racks.
- Bumper plates are **REQUIRED** when performing Olympic Lifts or Deadlifts.
- Do not drop weights.
- Do not place weights on padded benches.
- Re-rack equipment to its proper place after each use.
- The use of chalk is **NOT** permitted.
- Cardiovascular workouts should be limited to 30 minutes if others are waiting.
- Profanity or suggestive language will not be tolerated.
- Patrons are not permitted behind the front desk.
- Injuries or maintenance should be reported to the Fitness Center Attendant on duty.
- Participation is at your own risk.
- Private instruction for compensation is **NOT** allowed.