

# Weight Room Rules

- \* Wear proper shoes & clothing
  - Sandals, bare feet or socks-only are prohibited
  - Shirts must be worn at all times
- \* No food is allowed
- \* Drinking bottles must have a closeable top
- \* Discard gum in the wastebasket
- \* Loud, foul or slanderous language is not allowed
- \* Personal music devices must be kept at a volume that doesn't disturb or can be heard by others around you
- \* Return all weights, benches and accessories to their proper location
- \* Always use a spotter when attempting to lift heavy weight
- \* If you are unfamiliar with equipment, please ask staff for assistance

# Weight Room Etiquette

- \* Limit perfume & cologne use
- \* Carry a workout towel & wipe off equipment when finished
- \* Be courteous when using the water machine. If there is a line, do not fill up your water bottle
- \* Ask if you may "work in" and always let others work in
- \* When working in with someone, return the seat and weight to the last user's setup
- \* Avoid making loud sounds (banging weight, yelling, dropping dumbbells)
- \* Don't sit on machines when you are between sets
- \* Be patient when waiting for equipment, and be efficient when using equipment while others are waiting for you