

## **FACILITY REGULATIONS**

- Patrons must purchase memberships or daily passes to use the facility.
- A parent or legal guardian must accompany any users 12 years of age and under.
- Smoking, smokeless tobacco, and alcoholic beverages are not permitted in the facility.

## **GENERAL FACILITY RULES**

- Identification (membership card) will be required for admittance. Users shall comply with policies and cooperate with the facility staff during events and open recreation.
- Smoking or the use of chewing tobacco is prohibited.
- No food, drink (except water in closed containers), or chewing gum is allowed in any program areas.
- Fighting of any kind will not be tolerated.

## **FREE WEIGHT RULES**

- Return all weight-training equipment to its proper place. Free weights are not to be removed from the fitness center.
- Spotters are required for all free-weight lifts. Facility employees are NOT allowed to spot for patrons.
- The machines and weights should be used with care. Dropping weight stacks or dumbbells can cause injury and equipment damage.
- Users should be courteous to others by limiting the length of their workout at a single station when others are waiting. Please rotate.

## **GENERAL FITNESS CENTER RULES**

- Instructions by attendant MUST be obeyed at all times.
- Shoes and full shirt must be worn while working out. NO sandals or boots allowed.
- Children under the 7<sup>th</sup> grade are not allowed.
- NO profanity or inappropriate behavior.

## **EQUIPMENT RULES (FITNESS CENTER)**

- Wipe down the equipment with a towel after heavy use.
- Users not familiar with the operation of the exercise machines should read the instructional labels and/or ask the attendant for assistance.
- The machines and weights should be used with care. Dropping weight stacks or dumbbells can cause injury and equipment damage.
- Users should be courteous to others by limiting the length of their workout at a single station when others are waiting.

## **SAFETY RULES (FITNESS CENTER)**

- Always warm up properly before lifting.
- Make sure weight to be lifted can be handled.
- Always use spotters.
- Always check equipment before lifting.
- Always use collars.
- Always use proper body position and breathing technique.
- Keep weight training area neat and clean.