



Weight Room Use and Guidelines

- Abide by the Code of Conduct.
- Proper workout attire is necessary. Gym shoes and shirts must be worn at all times. Clothing and shoes must be clean. No wet clothing, swim suits, street clothes or sandals allowed in weight room.
- As a courtesy to fellow members please assure that:
 - You are attentive to personal hygiene.
 - You use a towel to wipe your perspiration from equipment after use.
 - Clean the room after use.
- Handle weights and equipment carefully. Dropping free weights and abusing equipment is disruptive and may result in personal injury or equipment damage. Rack all free weights and dumbbells after use.
- Keep language and behavior appropriate for every member.
- Use spotter for free weights.
- Limit station use to 3-4 minutes when people are waiting.
- Participants under 14 years of age must be accompanied by a responsible adult/instructor.
- Lobby entrance to weight room for handicap access only. Key must be obtained from office staff.
- Failure to follow guidelines may lead to loss of privilege in weight room use.

