

Weight/Cardio/Stretching Policies

- 1. Be safe, Workout, Have fun!
- 2. Patrons must be 15 years of age to use equipment.
- 3. The Rec Center staff is responsible for determining unsafe behavior and enforcing the comfort and safety for all patrons.
- 4. Shirts and closed toe/heel shoes must be worn at all times
- 5. Walkways, fire exits, and activity areas must remain clear of obstructions
- 6. Clips are required when using plates on any barbells. Spotters are recommended.
- 7. Dropping or slamming the weights, weight stacks, or dumbbells are not permitted.
- 8. All weight equipment must remain in the Weight Room.
- 9. Safely load and re-rack weights and dumbbells and return equipment to its designated area.
- 10. Loose chalk is not permitted.
- 11. Only authorized Rec Center personal trainers are permitted to conduct personal training in the Rec Center.
- 12. Report broken equipment, unsafe conditions, and injuries immediately to Rec
- Any violation of these rules may result in removal from the Rec Center.

