Policy Title: Weight Room Policy

Policy Number: 1847

Responsible Office: Student Affairs

SUMMARY:

This policy outlines rules for using the University weight room.

POLICY:

1. No food, drinks, chewing, or profanity.
2. Towels are required.
3. Please wipe down equipment after use.
4. Please return weights to their proper place.
   DO NOT rest weights on walls or benches.
5. Athletic shoes and shirts must be worn. Open toed shoes, hiking boots, and jeans are not permitted.
6. No personal items are allowed in fitness area.
   Please use cubbies or lockers. Campus Recreation is not responsible for lost or stolen items.
7. Children under 16 will not be permitted in weight room.
8. Cardiovascular equipment has a 30-minute time limit.
9. Participants exercise at their own risk. Individuals are responsible for their own health.
10. Anyone unable to adhere to weight room policy will be asked to leave.