

# RECREATION CENTER FITNESS FLOOR GUIDELINES



- **Athletic attire MUST be worn at all times.**
  - Patrons must wear a shirt that completely covers the torso; this helps us prevent bacteria and disease transmission.
  - Jeans/denim or cargo shorts are strictly prohibited on the fitness floors; this helps us avoid damaging the upholstery on machines.
  - Shoes must be protective closed-toe and non-marking athletic shoes (no sandals, flip flops, clogs, or boots).
- **Patrons must wipe down equipment before and after use. Maintenance towels stations are available on site.**
  - Spray cleaner onto the towel, rather than equipment.
- **Dumbbells, bars, and weights MUST BE RE-RACKED after use.**
- **The dropping, slamming, or throwing of weights is prohibited.**
  - This is for the prevention of injury to yourself or others, and/or damage to floor or equipment weights.
- **Only occupy ONE piece of equipment at a time.**
- **Use of weight collars or clamps is MANDATORY on free weights at all time in order to prevent user injury.**
- **Olympic-Lifting is not permitted on the fitness floor.**
- **Drinks must be in a closed plastic container.**
- **Refrain from using cell phones on the fitness floor.**
- **Food and gum are prohibited.**
- **Personal belongings/bags are not allowed on the fitness floor.**
- **Volunteer spotters are recommended when lifting weights. Staff is not required to spot.**
- **Chalk is prohibited.**
- **Do not move equipment from its intended location on the fitness floors.**
- **Do not cause excessive noise around surrounding patrons.**
  - If such excessive noise is causing patrons to feel uncomfortable, we will ask patron to discontinue noise.
- **The appearance of personal training/coaching by patrons is not allowed.**
- **Any individual not fully complying with guidelines may be asked to vacate the premises. Failure to comply with the guidelines or any inappropriate behavior may result in membership suspension with no fee refund.**
- **Staff is responsible for supervising a safe environment.**
- **Exercise at your own risk.**