

SPARTAN RECREATION CENTER POLICIES & PROCEDURES

Fitness & Free Weight Area Policies

- * Only facility staff is permitted to move equipment.
- * Patrons must have a cloth towel to wipe down equipment. The towel must be large enough to cover the pad or the patron's back. Towel must be kept with patron at all times.
- * Patrons must be at least 14 years of age. A parent/guardian must accompany dependants 14-17 years of age.
- * Appropriate attire is required at all times. Denim shorts/pants, open-toed shoes, and street shoes are not permitted.
- * Any exercise involving lifting weights above shoulder level while standing is prohibited.
- * Only two sets of dumbbells are allowed at a bench at a time. The second set of dumbbells must be secured under the bench near the user's feet.
- * Olympic-sized bars may only be used at the corresponding bench or power rack.
- * Personal training is not permitted, except by Spartan Rec Center Personal Trainers.
- * Cardiovascular machine use is limited to 30 minutes unless there are no patrons waiting.
- * Food is not allowed. Drinks in re-sealable containers are allowed in fitness area except on black mats.
- * Personal listening devices are permitted - no boom boxes.
- * Use of collars is mandatory.
- * All dumbbells and weights must be re-racked after use. All free weights must be kept in free weight area.
- * All equipment must be used in the manner for which it is designed. Top loading additional weights onto weight stacks is unsafe and prohibited.
- * Standing on benches or equipment frames is not permitted.
- * Do not lean weights or bars of any kind against the walls, pillars, or equipment.
- * Weight belts that may damage equipment must be removed or covered appropriately.
- * Slamming or dropping of weights is not permitted. Spotters are recommended. Power lifting is prohibited.

- * Report all injuries and maintenance concerns to the Weight Room staff.
- * The exercise machines are expensive and can be easily damaged. Please use them carefully and according to instructions.
- * Personal belongings such as backpacks, wallets, etc. may not be placed anywhere in the Weight Room. Please place these items in the storage compartments available or check out a locker in the locker room.