FITNESS CENTER REGULATIONS

EQUIPMENT USE

✓ No Olympic lifting is allowed- this includes, deadlifts, cleans & snatch. We do not have the space for these lifts to be safe!
✓ **DO NOT DROP WEIGHTS. DO NOT ALLOW MACHINE PLATES TO SLAM DOWN.**
✓ Weight collars, pins, clips & machine safety hooks MUST be used.
✓ **Re-rack all weights/plates to their designated storage areas.**
✓ Benches must be kept out of walkway. Decline benches may not be moved.
✓ No weight lifting chalk is permitted.
✓ Bars may not be removed from their racks for use in exercises other than the lifts meant for that station.
✓ **Outside equipment is not permitted for use inside the Fitness Center, to include; jump ropes and/or any other equipment deemed unsafe for use by the Fitness and Wellness Manager. This is to ensure patron safety at all times**
✓ Please report equipment failures to the staff on duty.
✓ All equipment must be cleaned **immediately** prior to use.
✓ There is a 30 minute time limit on individual cardiovascular machines during busy times.
✓ TV channels are to be adjusted by **STAFF ONLY.**

DRESS CODE

- Only **unaltered t-shirts** and sleeveless shirts which cover the entire stomach, chest and back (NO bra tops) are allowed.
- Sweats, modest shorts and similar items are considered appropriate attire.
- Athletic shoes must be worn at all times.
- No earrings larger than a quarter may be worn and necklaces must remain underneath your shirt.
- **Sandals, flip flops, crocs, boots, black-soled shoes, jeans, and any pants with buttons or hardware (zippers/rivets) and skirts are prohibited.**
  - Anyone in violation of our dress code policy may be asked to leave. Repeat offenders may lose all membership privileges.

MEMBER CONDUCT
✓ No food or drinks (except water in closed, plastic containers) is allowed.
✓ **Personal trainers not hired or authorized by the Assistant Director of Campus Recreation** may not train clients within the SEFCU Fitness Center.
✓ No smoking, drugs, or alcohol are permitted and members may not use equipment while under their influence.
✓ Loud and/or abusive language is not permitted.

**EMERGENCIES**
✓ In the event of an emergency within the Fitness Center, notify a staff member immediately, and follow the staff member's instructions.
✓ If you have an injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you.