

# OPEN FITNESS AREA RULES

1. Work out at your own risk.
2. Children under 14 years of age are not permitted. Children 14 to 15 years of age must be accompanied by an adult.
3. Appropriate athletic attire is required.
4. No food is permitted.
5. Treat all equipment with respect. Do not drop or slam the weights or bars.
6. Keep all equipment in its designated area.
7. Practice gym etiquette (i.e., rerack equipment after use and be considerate of others' space).
8. Use of cardio equipment is limited to 30 minutes if others are waiting.
9. Wipe down all equipment before and after use with provided wipes.
10. A spotter is recommended while performing bench press, incline press or decline press.
11. Squats should be performed in a rack with the safety bars in place.
12. A weight belt is recommended while performing squats or deadlifts.
13. Private instruction is only permitted by certified Campus Recreation staff.
14. Direct any questions or equipment issues to the Campus Recreation staff.

