

Recreation Center Policy Weight Rooms

Summary

Policies for the Weight Rooms at the Student Rec Center.

Purpose

To provide guidance on policies for the weight rooms at the student rec center.

Policy

Weight Room

- Do NOT drop dumbbells on the floor
- Please rerack the weights
- Please wipe down benches, headrest when done

Machine Weights/Olympic Lifting Platform

- Please wipe down machines after each use
- Please do not throw or drop weights; slamming of the weights is not tolerated.
- Collares are required on all free weight bars
- Return equipment and weights to their proper location; do not place free weights near or against mirrors
- Chalk is ONLY permitted for use on the platforms

Related USG Policy

N/A

Last Update

4/29/2012

Responsible Authority

Director, Campus Recreation