

Recreation Center Weight Room Policy

Revised: July 6, 2017
Issued By: Student Affairs, Center for Wellness
Contact: Student Recreation Center, 814-393-1667

DRESS CODE

- No open toed shoes.
- All footwear must be dry and free of dirt and snow.
- Shirts must be worn at all times.
- Clothing should not be worn in such a way as to be offensive to other users. Attire that is of an inappropriate/offensive manner is prohibited and patrons will be asked to adjust and/or change attire or asked to leave.

COLLARS

- For your safety, and the safety of others, please remember to use collars during all barbell lifts (bench, curls, tricep extensions, etc.).

DROPPING & SLAMMING WEIGHTS

- Please refrain from dropping or slamming weights. Any individual who excessively drops weights in a manner that is dangerous to others or damages equipment will be asked to stop. If continued, that individual will be asked to leave.

WEIGHTS

- Put any weight used back to its correct spot.
- Please refrain from leaning plates against one another (helps avoid chips and scratches).
- Put plates on tree racks when done.

CLEANING

- Wipe down equipment after each use.