Fitness Policies

- Clothing or towel must be used between any exposed skin and a matted surface. This minimizes the transmission of disease.
- Utilize cleaning spray and towels to clean any machines and matted surfaces used.
- Use of chalk is prohibited.
- Slamming or dropping weight stacks, plates, or dumbbells is prohibited.
- Bar Collars must be used at all times.
- All equipment must remain within the fitness space. Do not move equipment to another part of the facility.
- Do not lean weights or equipment against walls, pillars, or mirrors.
- Rerack weights in their proper location.
- Personal training conducted by anyone other than a Campus Recreation employee is prohibited.
- Only the designated Slam Wall area can be used to throw appropriate equipment against the wall.
- Olympic Lifting Platforms:
  - Bumper Plates can only be used on the Olympic Lifting Platforms
  - Only one person is permitted at one time on an Olympic Lifting Platform
- Barbells can only be used in Power Racks, Deadlift Platforms, and Olympic benches
- Misuse of equipment is prohibited and participants will be billed based on any damage.
- Please report any equipment malfunctions or medical emergencies to the staff.