

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.**

