



WEIGHT ROOM

AGE ELIGIBILITY

- 15-17 year-olds may use these areas unsupervised
 - 15 year-olds must possess a “Youth Fitness Center Card”
- 10-14 year-olds allowed with a “Youth Fitness Center Card” when under parental supervision
- 9 years and under not allowed in the area

PROCEDURES

- Spotters are encouraged
- Bar collars (safety clips) must be utilized
- Control weights
- Return equipment to its proper location and re-rack weight plates after using
- Wipe down equipment after use

PROHIBITED

- Dropping weights
- Food and drinks with exception of liquids in non-spill, non-glass containers
- Cell phone conversations when using equipment
- Removing equipment from the weight room
- Wearing clothing that may cause damage (example, jeans with rivets) to upholstered equipment
- Placing any item, including weights on equipment that may cause upholstery damage