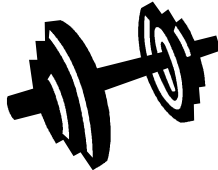


Fitness Center Rules

- All users of the Fitness Center will be required to sign an Assumption of Risk & Release Waiver.
- Please **NO** Food, Gum, or Beverages in the Fitness Center. Water is allowed.



- Show respect for equipment and facility at all times. Do not **DROP** or **THROW** weights.
- Keep equipment off the floor and return it to its' proper rack when use is completed.
- Utilize Spotters and locks when necessary (e.g. for overhead lifts, squats, bench presses, and platform lifts.)
- Observe weight room etiquette and demonstrate courtesy towards others in the room at all times.



- The on-duty supervisor has the authority over all room conduct and use of equipment. This includes the sound system.
- Immediately report any facility related injury or facility/equipment irregularity to the supervisor on duty.
- **Do Not** Spit anywhere in the facility.
- We ask that you make use of the disinfectant solution that is available after using equipment.
- Remember that the student staff is just trying to do their job. Be considerate.