Fitness Lab Policies:

1. All members and guests who utilize the Fitness Lab must be at least 14 years old.
2. Wear appropriate athletic attire including a top or shirt at all times. Denim is not allowed.
3. Athletic rubber soled shoes that cover the entire foot must be worn at all times. No sandals, spiked shoes, leather soled shoes, flip flops and any shoes that leave a mark on the floor.
4. Please store all personal belongings in the provided cubbies or in the locker room on the first floor.
5. Members must wipe down equipment after use. Disinfectant wipes are provided throughout the Fitness Lab.
6. Cardiovascular equipment use is limited to 30 minutes when people are waiting to utilize the equipment.
7. Safety collars are to be used at all times to secure weights on barbells.
8. Return all weights, plates, barbells and dumbbells to their proper storage areas and racks provided.
9. Weight plates are not to be leaned against or on equipment, machines, walls and mirrors.
10. Proper use of equipment is required at all times. Do not drop weights for any reason unless you are utilizing the Olympic platform.
11. Using a spotter when lifting weights is recommended. SRC staff on duty is not available as spotters.
12. Use of chalk is not permitted.