

University Fitness Center

Rules and Regulations

- All individuals must have valid membership on file in the Recreation Sports Office/University Fitness Center.
- Proper ID (Hawk Card, Community Membership card or Guest Pass) is required to enter all facilities.
- All members work out at their own risk.
- No one under the age of 18 is allowed into the University Fitness Center.
- Members should place all belongings in a cubby or in a locker. Recreation Sports and Facilities nor the Fitness Staff are responsible for lost or stolen articles. Lockers are available in the locker rooms (bring your own lock).
- Due to personal safety, safety of others including the staff, hygiene, and maintaining the life of the equipment the following regulations are in place:
 - Absolutely no unsupervised lifting.
 - Proper Dress Includes:
 - *Appropriate* attire includes T-shirts with sleeves, athletic shorts, sweats, and athletic shoes (closed toe and heel).
 - *Inappropriate* attire includes tank tops, open back/shoulders, cutouts, half shirts, jeans, cutoffs, baseball hats, dress or open toe shoes or boots.
 - No brimmed/billed hats allowed in the facility. Skull caps and bandannas are permitted.
 - Headphones may be used in all areas of the facility as long as all cords are tucked into shirts.
 - No phone calls, unauthorized photos or videos without the consent of subjects and Warhawk Fitness and Aquatics/Rec Sports under any circumstances.
 - Members should observe proper spotting procedures and lifting techniques.
 - Collars must be used on all free weight lifts.
- Food, drink (other than water), and tobacco products are not allowed in the University Fitness Center.
- Members are required to clean up after themselves (i.e. return weights when finished, clean-up chalk or baby powder, and wipe down machines after use).
- Report any damaged or broken equipment to the Fitness Supervisor.
- Recreation Sports & Facilities reserves the right to revoke privileges to anyone who refuses to comply with the policies.