

Williams Center Weight Room

Rules and Regulations

- All patrons 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 individuals work out at their own risk.
- No one under the age of 18 is allowed into the Williams Center Weight Room. During the summer months, individuals between the ages of 15-17 are allowed to purchase memberships with permission of a parent or guardian. Members age 15 must be accompanied by parent or guardian at all times.
- Patrons should place all belongings in a cubby or in a locker. Recreation Sports and Facilities, nor the Weight Room Staff are responsible for lost or stolen articles. Lockers are available in the general locker room (bring your own lock).
- Athletic Priority Lifting times are Monday - Friday 6a -8a and 2p - 6p.
- 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 on the strength floor. Headphones are not permitted on the strength floor Monday – Friday 2p – 6p.
 - No phone calls, unauthorized photos or videos without the consent of subjects and Warhawk Fitness and Aquatics/Rec Sports under any circumstances.
 - Patrons should observe proper spotting procedures and lifting techniques.
 - Collars must be used on all free weight lifts. Bumper plates only on the platforms.
- Food, drink (other than water), and tobacco products are not allowed in the weight room.
- Patrons 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.
- No bikes allowed in the Weight Room. Roller blades and scooters must be left in the cubby storage area, or your locker.

- Recreation Sports & Facilities reserves the right to revoke privileges to anyone who refuses to comply with the policies.