

SRWC Fitness Policies

1. Bags are NOT permitted on the fitness floor. Personal belongings must be stored in a cubby, locker, or designated red tape area.
2. Athletic attire is required. NO jeans, medical scrubs, or swim attire.
3. Closed-toed athletic shoes (non-marking soles) are required. No boots, crocs, sandals, or open-toed shoes.
4. No food, canned drinks, or open drink containers. Beverages must be in a closed container.
5. Chalk, liquid chalk, or grip enhancing products are not permitted.
6. Towel recommended in all fitness spaces.
7. Wipe equipment with designated cleaning supplies after use.
8. Shorts must be long enough to cover the buttocks and groin area.
9. Do not remove equipment from its location. Equipment on the 2nd floor must remain in its respective location.
10. Re-rack all plates, dumbbells, barbells, and attachments, etc.
11. Clips/Collars on barbells are REQUIRED.
12. Do NOT throw balls against walls, pillars, and mirrors. These exercises are permitted on areas with brick.
13. Handstand pushups/holds on walls, pillars, and mirrors are not permitted.
14. Equipment must not be dropped from any height or leaned against walls, pillars, equipment, and mirrors. Including dumbbells.
15. Olympic lifting and powerlifting must be performed on platforms.
16. Olympic-lifting descents must be controlled to the platforms.
17. Bumper plates are REQUIRED on the platforms. 2.5lb and 5lb metal plates are allowed.
18. Only one person at a time on the platform. Lifting behind the platform is not permitted.

19. Excessive dropping of fitness equipment is not permitted.
20. Spotters are recommended for all free weight exercises.
21. Be courteous and allow people to work in between sets during peak hours.
22. Use of cable attachments on the barbells are prohibited.
23. Personal training can only be conducted by Campus Recreational Services personal trainers. All other trainers are prohibited.
24. Small equipment is available for checkout at the fitness desk (Mezzanine). A Rebel Card is required. A fee will be assessed for any late, lost or damaged equipment.
25. Follow all Fitness Staff directions.
26. Failure to follow these policies may result in loss of weight room privileges.
27. Direct all concerns and fitness equipment maintenance issues to Fitness Attendant staff.
28. The Campus Rec Staff reserve the right to implement and enforce any policy that may risk safety and/or damage the equipment.