

Weight Room Guidelines

1. Proper athletic clothing and non-marking athletic shoes must be worn when using the Rec Gym. Please refer to general Fitness Center policies for a list of appropriate athletic clothing.
2. In an effort to keep patrons out of harm's way, all safety measures provided for each machine are required. This includes safety clips on treadmills, weight collars on all bars and use of spotters when lifting weight overhead or chest, etc.
3. No food, glass bottles or canned drinks are allowed in the weight room. Patrons can carry liquid in the weight room in a closed top bottle.
4. Power/Olympic lifting is prohibited in the weight room at all times. Deadlifting is permitted and must be performed on the deadlift platform.
5. Bumper plates are required when using the deadlift platform and can only be used on the platform.
6. Patrons should be courteous of others using the Weight Room and refrain from excessive loud or profane language when using the facility.
7. Slamming and or dropping weights from extreme heights is prohibited. Patrons should use weights that they can control throughout the entire exercise motion.
8. In an effort to keep a clean and germ free area, patrons are required to wipe down the machines and equipment after each use.
9. All equipment should remain in the weight room unless permission has been given by the facility assistant or supervisor on duty.
10. Due to liability reasons, no outside personal training is allowed in the fitness center. Any patron interested in personal training should obtain information from the Facility Assistant or Beaman Information Desk.
11. Patrons are to use the cubby holes in the weight room to store personal belongings during their workout, however, FitRec strongly suggests patrons secure their belongings in the locker room. Day-use locks may be checked out at the Beaman Information Desk.
12. Adjusting the audio or television equipment is prohibited. Please ask the Facility Assistant for help if there is something specific you would like to watch. Certain channels are not viewed on the televisions due to inappropriate content that may appear.
13. A 30-minute time limit on cardiovascular machines must be observed when others are waiting.
14. During peak hours, patrons may not occupy more than 1 piece of equipment at a time during a workout. Circuit training is not allowed unless organized through a FitRec sponsored class. Additionally, patrons are discouraged from remaining on one piece of equipment for prolonged periods of time.
15. Due to the video and photo capabilities on cell phones, usage is restricted in the weight room and may only be used to listen to music. Talking on phones should be reserved for the concourse area of the fitness center only.
16. Due to special events in the Maddox Grand Atrium, use of free weights and strength training equipment may be suspended periodically. FitRec will communicate these times to the Belmont community in order to keep patrons informed.