
Campus Recreation Services

Reasons for Weight Room Policies

1. Dress Code:

- a. **No open toed shoes:** Athletic shoes help prevent injuries (and the mess caused by those injuries) if a weight was to be dropped on your toes. *Vibram Five-Fingers* ARE allowed. Sandals, Moccasin, Crocs, and other non-athletic shoes are NOT allowed.
- b. **No Blue Jean material allowed:** Blue jeans are a rough material that wears the upholstery of the equipment. They also have rivets that can puncture and tear the upholstery. This rule is not limited to only jeans but other rough material apparel. (i.e. buttons, zippers, etc.)
- c. **Shirts must be worn at all times:** People sweat more than they think; wearing a shirt helps absorb and wick it away. This limits the amount of sweat and grime that is transferred to the upholstery – helping keep things cleaner and more sanitary.

2. **Collars-** Weight plates *will* slip off of bars without collars, no matter how small the weight. In fact, the smaller the weight the more likely it is to slip off. The heavier the weight the harder it is to *prevent* a plate from falling off. Other patrons can also bump the bar causing the weights to fall.
3. **Standing on Equipment-** Standing on equipment wears down the upholstery and the paint. We have many different size step boxes; please use one of those for your exercise.
4. **Dropping & Slamming Weights-** Doing either of these actions can (1) damage the floor (even the new floor), (2) chip or loosen the weights, (3) injure oneself or another patron, and (4) create an annoyance for the other patrons.
5. **Patrons Behind Desk-** The desk is for Rec Center staff only. We cannot risk stolen IDs or equipment by having a patron behind the desk.
6. **Leaning Weights-** Leaning weights can scratch, dent, and wear down the equipment – not to mention be easily bumped and crush a foot! Please do not lean weights on the black plastic either for the same reasons.
7. **Contacting WR Attendants for help-** We would love to show you the proper way to use the multi-set equipment. We unfortunately can not show how to do any exercises that involve free movement or free weights. If you would like more specific advice you can inquire about personal training at the front desk.
8. **Dangerous Exercises-** No matter how athletic you are we can not let you do any exercises that can endanger your health or that of others.
9. **No Bags on WR Floor-** Bags create a tripping hazard.
10. **No Chalk-** Chalk is messy and can be hard to clean up.
11. **Olympic Style Lifts-** All Olympic style lift and power lifts are to be done inside the cage due to the close quarters of the weight room. These lifts are almost impossible to spot and can hurt many people if something goes wrong. These lifts include but are not limited to: hang cleans, over the head shoulder press, and dead lifts.