

**Rambling River Center
Fitness Room**

Weight Room Etiquette

1. All participants are required to use collards on the ends of barbells.
2. Participants should keep feet off the wall.
3. All squatting techniques with a barbell are to be done within the squat racks.
4. Participants should utilize spotters when necessary for structural exercises.
5. Participant should move weights from the racks to the bar only. They should never set plates on the floor or lean them against equipment or walls. Participants should return dumbbells to the rack in the proper order. Participants should not drop or throw weights or dumbbells.
6. Tobacco, food, glass bottles, alcohol, drugs and banned substances are not allowed.
7. Participant should show respect for equipment and facilities at all times. Spitting in or defacing the facility is not tolerated and will result in immediate expulsion.
8. The fitness room requires concentration. Horseplay, loud or offensive language, or temper tantrums are not permitted.
9. Participants should immediately report any facility-related injury, or facility or equipment irregularity to the supervisor on duty.

Dress Code

1. Participants should wear proper training attire, particularly shirts and athletic shoes, at all times. Jeans and khakis are not acceptable, as well as, shirts that expose the navel.
2. Supervisors are not responsible for users' personal belongings or lost or stolen items.
3. Jewelry such as loose necklaces, bracelets, hanging earrings, and watches should not be worn.
4. The on-duty supervisors have authority over all weight room conduct and use of equipment, and may expel a participant from the facility for failure to follow instructions.
5. **NO STREET SHOES ALLOWED IN THE FITNESS CENTER**