

## **JOHNSON CENTER WEIGHT/CARDIO ROOM POLICIES**

- Occupancy load is set at a maximum of 208 and will be closely monitored. If the weight room is at maximum occupancy, individuals will not be allowed to enter until the occupancy load drops below 208. Individuals that have exited can take their place at the end of the line waiting to be admitted.
- Bags are not allowed in the weight room and cannot be stored against the walls or on the walkway.
- Appropriate attire and footwear is required at all times. No sandals or open-toe shoes allowed.
- No deadlifts or Olympic style lifting of any kind is allowed.
- Do not drop weights on the floor from any height. Any individual caught dropping weights will be asked to stop. Noncompliance will result in immediate removal from the weight room. Repeat offenders will have weight room privileges suspended.
- All patrons must be 15 years of age or older. Children between 15 - 17 years old must be with their parents at all times.
- Do not alter, disassemble or move any piece of equipment from its designated spot.
- All free weight lifts must be collared.
- Use of a spotter is recommended.
- Return all weights to their proper location.
- Do not place weights on upholstered areas.
- Spray and wipe down each piece of equipment and exercise station after use.
- Observe the 25-minute limit on all cardio machines.
- Please limit stretching and abdominal work to designated stretching mats.
- No food or drink allowed in the weight room. Glass bottles are not allowed. Water is permitted in non-breakable spill-proof bottles.
- Use of chalk is prohibited.
- Please adhere to posted hours. Follow the instruction of the attendant or instructor.
- During Physical Education classes, only individuals registered for that class may workout in the “strength zone.” The cardiovascular machines and Cybex Circuit located in the “cardio zone” are available at all times when the weight room is open. Refer to diagram and posted hours.
- **Do not become a victim of theft. Use of a locker is recommended. Day lockers are available at no charge in the equipment room. Semester lockers are available for a fee and are assigned at the Recreational Services’ office.**
- **To prevent damage to the gym floor, deadlifts, Olympic lifts and dropping of weights is prohibited.**