

## FITNESS AREA POLICIES

All policies are created to serve the safety and protection of our patrons and equipment.

Patrons should use extreme caution with all exercise equipment to avoid any potential injury to themselves or others. Spotters are recommended on all lifts.

Dress Code: Patrons must wear athletic clothing that covers the midriff of the body, along with closed-toe, non-marking shoes. Non-athletic clothing: jeans, dress pants, button-down shirts, skirts, dress shoes, boots or open-toed shoes are not permitted. (See Dress Code Policy)

Please re-rack all fitness equipment to their original position or area, i.e. dumbbells, plates, kettlebells. Do not prop the weights up against the walls, mirrors or pillars.

Do not drop or throw the weights, plates, barbells and dumbbells.

Do not attempt to modify equipment or top load. All equipment must be used in the manner for which it is designed. Do not attempt to reposition or alter exercise equipment (i. e. adding weight to plate stacks).

Vulgar language/behavior or disrespect of other patrons /staff will not be tolerated.

Do not attempt to use unfamiliar equipment. Please seek MSU Staff for assistance.

Dumbbells or weights/plates are not allowed out of fitness areas and are not allowed in walkways, hallways or stair wells.

Do not exercise or stretch in walkways, hallways, stair wells, only the designated fitness areas.

Please wipe down equipment after use. Please be considerate to other patrons.

Personal sound systems are not permitted.

The use of weight collars and safety pins are recommend on all lifts.

Chalk or liquid chalk is prohibited.

The platform area is for power lifting only. All power lifting must be done in this area. Bumper plates must be used in this area only.

Unauthorized personal training or coaching is prohibited.

Outside equipment must be approved by MSU Staff before being used in the facility.

Food is not permitted in any fitness areas.

Do not stand on padded benches or exercise equipment.

Equipment taken from the 2nd floor fitness area must be returned after use.

Personal belongings must be kept in a locker or cubby and out of the floor.

MSU Recreation and Wellness is not responsible for lost, stolen or damaged items.