

## Weight Room Policy

Date Effective:

Issued By: Athletics Department

Contact: Athletics Department, 814-393-1997

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### 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 FiveFingers ARE allowed. All footwear must be dry and free of dirt and snow.

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.

Clothing should not be worn in such a way as to be offensive to other users. Attire that is of an inappropriate/offensive manner is prohibited and patrons will be asked to adjust and/or change attire, or asked to leave

### 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

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.

### 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.

### 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.

### Contacting WR Attendants for help

We would love to show you the proper way to use the equipment. We unfortunately cannot 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.

### Dangerous Exercises

No matter how athletic you are we cannot let you do any exercises that can endanger your health or that of others. Maintain control of weights at all times. Do not drop or throw weights.