**WEIGHT ROOM RULES & SAFETY**

* Wear Proper attire to workout. NO SHIRT, NO SHOES, NO SERVICE!!
* No Horseplay; Loud or Offensive Language
* Use correct lifting technique. When in doubt seek proper instruction
* Use collars on barbells and properly use safety pins on machines
* Use a Spotters and Crash Bars
* Use equipment for its intended use- Do not modify the equipment
* No food, gum, glass bottles or cans
* No personal headphones
* Load and unload free weights evenly and carefully
* Do not drop metal weights or dumbbells on platforms
* RETURN ALL WEIGHTS to the correct rack when you are finished with them
* Wipe down equipment after use
* IMMEDIATELY report all accidents, injuries and equipment failures to staff
* NO STUDENTS is to ever train in the weight room unsupervised
* The weight room is not a walk-through, walk around
* The weight room is not for social gatherings- When your workout is done please leave.
* Bookbags should be put in lockers, the all-purpose room or the hallway. Not the weight room