

Marietta College

WEIGHT ROOM & FITNESS CENTER RULES

This facility is for use by members of the Marietta College Community and their families. The weight room and fitness center will be open during all operation hours of the Dyson Baudo Recreation Center (subject to change). Users should note that varsity athletics take priority over general use. When possible teams will announce or post their intended hours of use in advance. The supervisor on duty has authority to enforce all rules.

General Rules

1. Use proper form/technique when lifting. Your safety is the most important concern in this room. Area supervisors will help in this area whenever needed.
2. Appropriate athletic attire including shoes is required.
3. No tank-tops
4. Re-rack weights after use.
5. Do not drop weights to floor or plates on weight stacks.
6. Food or gum is not permitted in the weight room or fitness center.
7. Use of tobacco products is prohibited.
8. Please wipe down all benches and machines after use. Towels are provided.
9. Towels should not be taken out of the weight room or fitness center.
10. Always use a spotter. If you do not have a partner, ask the supervisor for assistance.
11. Horseplay is prohibited in this facility.
12. Profanity is prohibited.
13. Use proper lifting etiquette. Do not monopolize equipment or interfere with others who may be working out. 30 minutes maximum on cardio equipment when someone is waiting.
14. Report problems with equipment to the supervisor on duty.
15. No headphones are to be worn in the weight room.