

Cardiovascular area:

- Users should sign up in the sport complex control desk the same day starting 8:00 a.m. No phone calls.
- Reservation on first come first basis. Users have the right to only 20 minutes. Users needs to leave the machine for the time reserved if you come late you need to free the courts at the reserved time
- If you are unsure of how to use a machine, the sport complex staff is available to assist with the proper use of each machine.
- Take pride in the cardiovascular equipment and keep it in order.
- It is each individual's responsibility to pick up after him/herself.
- Keep equipment in its proper location (do not rearrange or remove).
- Users should sign up in the sport complex control desk. Please limit use of cardiovascular machines to 30 minutes while others are waiting.
- If the machine you want to use is occupied, it is up to you to ask the person on it how long they have to finish their 30 minute limit and let them know you art waiting. If no one is waiting, you may stay on longer but please be courteous to those arriving and anxious to do their program.
- If you are unsure of how to use a machine, the sport complex staff is available to assist with the proper use of each machine.
- A towel is REQUIRED while training in the cardiovascular room.
- Users must clean equipment after every use. Use a "Gym Wipe" to clean your perspiration after use of each machine.
- Intermittent cleanup may occur at any time for safety/sanitary reasons. The Sports Complex staff has the authority to stop all activities at any time until the situation is corrected.

NB. Remember- consistency is more important than intensity. Begin slowly, build up gradually, and listen to your body. You cannot become fit in one day or one week by working extra hard!

Weight- room:

- Do not bang or drop weight stacks when using the fitness machines.
- Leaning weight or bars against the wall, pillars, or mirrors is strictly prohibited. This action damages the equipment
- Don't forget to re-rack the weights after use.
- Do not step on equipment.
- Do not use weight room equipment if you do not know how to use them. Weight room staff can inform you how to do it properly.
- For considerable weight, use spotters.
- Please be courteous to others and limit your time on the equipment. Time on Weight room machines is limited to 15 minutes when others are waiting.
- The weight room staff is not responsible for injury due to improper use of equipment.

Fitness/Conditioning Room

- Children under 15 years of age are not permitted in the fitness room.
- Do not use, adjust, or operate fitness equipment without proper training or instruction.
- Users should keep head and limbs clear of weights and moving parts at all times.
- Never put head, hands or feet in or underneath stacks. Use hand grips and foot pads.
- Do not operate equipment that has loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. If in doubt, do not use the equipment until the machine is checked by a staff member.
- Check that all seats are securely locked before using machines.
- Failure to comply with instructions may result in personal injury.
- Towels (minimum 24" by 12") are required in this area. All equipment must be wiped down after each use. Clothing may not be used as a towel and sharing is prohibited.
- Use of electronic cardio equipment is limited to 30 minutes when others are waiting.

- Drinks in non-breakable, spill-proof sealable containers are permitted. NO gum is allowed.
- Only personal "headphone" cassette/cd/radios are permitted.
- It is under the discretion of the supervisor to deny equipment usage if they deem activity performed inappropriate or harmful.
- Unauthorized personal training is strictly forbidden in the fitness/free weight rooms.

Multi-Purpose Area/Gym Courts

- Slapping the backboards, dunking and hanging on the rims or nets are strictly prohibited because of the risk of injury and potential damage to the equipment.
- Scheduled recreational programming has priority usage.
- Only on-duty staff has the authority to take down or setup volleyball/badminton nets and standards. Participants should contact the athletic office to request this service.
- No gum is allowed. Spitting is strictly prohibited.