

GYM USE RULES

- The facilities are for use only to those individuals who have official affiliations with the University and who have also completed and signed this waiver.
- Minors and guests are not allowed in the facilities.
- Proper attire is required. Closed toe, soft-soled shoes are required for entry into the facilities and for use of the equipment and weights. Bare chests are not allowed.
- The locker rooms are for transient use only. The University reserves the right to remove and discard personal items left overnight in the locker rooms or in the facilities.
- Users agree to heed and follow directions (as it pertains to observed misuse of gym equipment) issued by University employees assigned the title and role of Gym Monitors. Note that the Monitors are not always on duty in the facilities.
- Courtesy and cleanliness are expected. Equipment should be left in orderly condition and weights should be returned to their storage positions once you have finished using them. During heavy use time periods, there is a 20 minute maximum limit on the use of cardiovascular equipment (e.g., treadmills, stairmasters, stationary bicycles, elliptical crosstrainers).