Facility Use Rules and Regulations

For safety reasons, clothing, bags and other equipment not used during exercise should be stored off the floor and away from the exercise area. The Fitness Center assumes no responsibility for lost or stolen articles. Guests are strongly encouraged to keep personal belongings in a locker and not place their belongings in the lobby of the center.

- Guests under the influence of alcohol and drugs will be asked to leave the facility, will be referred to the appropriate administrators and may have their facility privileges suspended.
- Any unsafe conditions or damaged equipment should be reported to the Fitness Center staff and guest use should be discontinued until addressed and/or repaired.
- Food, beverage and gum are not permitted in any exercise area with the exception of plastic water/beverage bottles with a lid or controlled spout.
- Guests are expected to comply with rules, regulations, and safety instructions provided by Fitness Center staff.
- Blocking or restriction of emergency exits is prohibited.
- Emergency telephones and exits located in the facility are for emergency use only. Unauthorized use will result in disciplinary action.
- Use of tobacco products is not permitted in the Fitness Center. The Fitness Center is a smoke-free environment.
- For reasons of personal safety, necklaces and other jewelry should not be worn during any activity. Street clothing is not generally permitted during exercising as it can be dangerous, confining, and can damage equipment. Appropriate athletic attire, such as T-shirts, shorts, warm-up suits, sweat suits, or aerobic clothing is required of participating guests at all times throughout the facility. Head scarves worn for religious observance should be secured in a manner not to get caught in any equipment moving parts.
- Towels should be placed between the equipment pads and the guest wearing tank tops, sports bras, or full mesh T-shirts when using the Fitness Center, if available. All equipment should be wiped clean following use with the provided antibacterial/antimicrobial moistened wipes. The Fitness Center does not provide towels to guests.
- Guests are required to wear clean, scuff-resistant, non-marking soled, full-toed shoes while using the facility. Turf shoes, cleats, sandals, flip flops, and bare feet are not allowed in the Fitness Center.
- Weight plates, bars, and dumbbells should not be dropped, stood on, or leaned against the walls, pillars, equipment or mirrors.
- Extreme caution should be used in lifting weights to avoid any potential injury. Top loading additional weights onto existing weight stacks is unsafe and prohibited.
- Use of weight lifting hand chalk is not permitted in the Fitness Center.
- Photography and video are strictly prohibited in the Fitness and Wellness Center without approval from the Fitness Center Director or other professional staff member.
- To avoid congestion and lines, guests should allow others to work-in while using weight equipment. Please practice courtesy and consideration for others when using weight equipment.
Fitness Center Facility Access – When entering the Fitness Center, all guests are required to check in at the Reception Counter and show an appropriate UMW issued identification card (Eagle One Card) or daily guest pass prior to exercise.

UMW community guests must complete and/or present a UMW recreation complex guest pass along with a photo ID to gain admittance to the Fitness Center and must accompany an eligible UMW community member.

**Fitness Center Etiquette**

**Uphold the rules of the facility**

- Read, understand, and follow all rules, expectations, and posted signs
- Observe all posted equipment instructions and warnings
- If there is a piece of equipment you do not know how to use, don’t assume you know how to use it and ask for assistance

**Using a piece of equipment someone else is using**

- Ask if you can “work in between their sets” – if they say no, please be patient and wait
  - Acceptable reasons for denying the “work in” request include the following:
    - 2 or more individuals are already using the equipment
    - The equipment is loaded with a large amount of weight and the user is almost done
  - When “working in” allow the other person to use the equipment after each set and re-set all equipment adjustments back to where they were before you started
- If someone begins exercising on a piece of equipment while you are resting between sets...
  - You should say “I only have X number of sets left, you can work in with me if you’d like
  - If you were working in between someone else’s sets, make the other person aware someone is already sharing the equipment
- If while waiting in line to use the equipment you leave to get a drink or to use the restroom, tell the person behind you that you are coming right back so they are aware that you are waiting
- If someone sneaks ahead of you, you should say “I just went to ____________, I believe I was here before you.”
- You cannot claim a piece of equipment by setting a towel or water bottle on it or next to it

**When using equipment while others are waiting**
- Allow others to work in between your sets
- Do not rest on the equipment; it is better to walk around to accelerate your recovery
- When using cardio equipment, please do not exceed the 45 minute time limit
- Wipe down all equipment following each set with the provided pre-moistened wipes then discard the wipes appropriately

**When done with a piece of equipment**

- Wipe down the equipment with the provided pre-moistened wipes then discard the wipes appropriately
- Take all extra personal equipment with you – includes water bottles, towels, weight belts, etc.
- Put all equipment away – rack free weights in their designated location, return cable accessories to the stand, dumbbells and kettle bells, jump ropes, and stretch cords returned to the appropriate rack, stability balls, balance balls, and foam rollers are to be wiped down, then returned to the storage area
- DO NOT mix weight plates on the same storage bar

**Being aware of the exercise areas**

- Stay clear of free weight areas when in use
- Do not exercise in walking areas – gray floor pathways and in front of water fountains, water and ice machine, wall-mounted wipes containers and trash/recycle receptacles
- Do not stand in front of dumbbell rack
- Before using a wall-mounted mirror, look around to make sure you are not in someone else’s space

**Avoiding excess noise**

- Keep in mind this is a public place
- Avoid excess chatter while in the exercise areas
- Limit cell phone use that stops you from exercising
- Limit grunting and yelling during exercise; the use of profanity while exercising is not acceptable
- Avoid dropping weights; avoid banging weight stacks on machines
- Use cardio equipment properly
- Do not bounce balls in the facility – basketballs are for the basketball courts
- Remember that loud or constant noises can annoy other facility users

**Using spotters for safety**

- Ask for a spot when going heavy on higher risk exercises such as bench press or squat
- Limit the number of times you ask for a spot
  - Use the weight you can handle
- Only go heavy occasionally
- Seldom exercise to performance failure on higher risk exercises

- Communicate with the spotter before you start the exercise
  - Ask them to spot you in a specific manner if that is important to you
  - Indicate your desired number of repetitions
  - Don’t expect a spotter to assist beyond one assisted repetition (max rep)
  - Once you complete an assisted repetition, rack the weight

Abstaining from telling other guests how to use the equipment

- You may discuss equipment use with them if it is your job or if someone’s life is in danger
- If you see someone struggling to figure out how to use a machine, feel free to ask if they would like some assistance

Wearing proper attire

- Wear workout clothes and athletic shoes in the exercise areas (jeans are not appropriate)
- Refrain from working out without a shirt (or in just a sports bra) and athletic shoes

Practicing good hygiene

- Avoid offensive body odors – bath regularly and use deodorant
- Wipe down equipment after use
- Reduce spreading germs
  - Wash hands after using the restroom
  - Wash hands after sneezing or coughing into your hand
  - Wash hands after your workout
- This is a smoke-free facility
  - Refrain from smoking near the facility entrance

How to change the music or television stations

- The Fitness Center subscribes to Sirius/XM radio
- Ask others working out if they would mind if you request a change
- It’s OK to bring your own personal music device and ear buds/head phones
- If you choose to listen to your own music make sure it’s not too loud so others hear

How to use the water fountains and ice machine

- Drink or fill your personal water bottles with a minimum of splash
- No glass bottles allowed in the exercise areas
- Ice bags are provided for use in the cabinet of the ice machine
• Please discard used ice bags properly
• Do not spit or dispose of chewing gum in the water fountains