

**SOUTHERN DOOR COUNTY SCHOOL DISTRICT
FITNESS CENTER RULES/GUIDELINES**

1. Absolutely NO horseplay!
2. Never interfere with a person who is lifting.
3. Make sure your area is clear of equipment before lifting.
4. Make eye contact with those near you before lifting.
5. Make sure your collars are snug.
6. Spot carefully! Concentrate on the lifter.
7. Help and encourage each other. Make your friend great.
8. Lift at your own risk. If in doubt, please consult a Fitness Instructor before using any piece of exercise equipment.
9. Workout towels, athletic shoes and proper workout shorts or sweats are mandatory. Each user must bring his or her own towel. No sharing of towels is allowed. Please use the towel to wipe sweat away after using each piece of equipment.
10. Long jeans and long casual pants are not permitted.
11. No chewing gum, tobacco or food is permitted.
12. Books and workout bags must be kept out of the way.
13. Users must return bars/weights to their proper place/rack immediately after use.
14. Weight belts are not allowed on exercise equipment where the belt buckles make contact with the upholstery.
15. A maximum of four users may share the same piece of equipment.
16. Beverages are only permitted if contained in a sports/water bottle.
17. Users who break fitness center equipment through misuse or misconduct can be suspended from the facility and asked to pay for the repair.
18. Users who use profanity can be suspended from the facility.

Thank you for your adherence to these rules and guidelines.