



Weight Room Policies & Procedures

- The Weight Room and Fitness Center is available to users who have a valid IUPUI Jag Tag ID and have paid the semester recreation fee.
- Appropriate attire must be worn.
 - **SHOES:** Proper footwear (non-marking soles) must be worn by all participants. Open-toed footwear is not allowed in the workout areas, racquetball courts and basketball courts. Hard-soled dress shoes or boots on elliptical and stair climbing machines are not allowed.
 - **SHIRTS:** Shirts bearing inappropriate messages are not allowed. Due to potential biological hazard, medical scrubs are not permitted.
- No personal items such as bookbags, workout bags, and coats are allowed in the Weight Room or Fitness Center. Please lock your personal items in the PE lockers. You may bring in your own locks and use the A/B lockers on a daily basis or you may rent a locker from the Natatorium Front Desk for the semester.
- No guests or children are allowed. Anyone entering the weight room must have a valid IUPUI Jag Tag ID and have paid the recreation fee. **NO EXCEPTIONS.**
- All users are required to wipe machines off after use.
- Be considerate to others using this facility – do not sit and socialize on the equipment.
- No Smoking. No eating. No pets.
- The use of the facility may be restricted at certain times. A notice will be posted.



CARDIOVASCULAR AREA POLICIES

- You should warm up prior to using the equipment and cool down afterward.
- Please limit yourself to 30 minutes on all cardiovascular equipment, 20 minutes during prime time.
- Please wipe off controls, seats and railing when you are finished with the equipment.
- Please report any injuries to the weight room supervisor immediately.

FREE-WEIGHT AREA POLICIES

- Due to the high risk of injury, we recommend you use a spotter when training with free weights.
- Please replace all dumbbells and plates on the appropriate racks when finished.
- Please remove plates from bars when you are finished.
- Abuse of the equipment will not be tolerated. Loss of privileges will occur if it becomes a problem.
- Stereo headphones are not permitted in the Free Weight Area.
- Do not drop weights. If you can't control it, don't lift it.