

1. No food or drink, other than water, allowed in the fitness loft.
2. Proper athletic attire must be worn at all times. Open-toed shoes or sandals are not allowed. Pants or shorts with rivets are not allowed on the strength equipment.
SRWC management reserves the right to determine what is considered proper athletic attire.
3. Due to the risk of potential injury or damage to equipment, use of extreme caution and a spotter are recommended when using free-weights.
4. Equipment is to be used for intended purposes only.
5. Dumbbells and weight plates are not to be dropped, stood on, placed on upholstery, or leaned against walls, railings, equipment, or mirrors.
6. Clips must be used on free-weight bars at all times.
7. All free-weights must remain in free-weight area.
8. Dead-lifts are only allowed using dumbbells, barbells, Smith machine, or squat rack. Olympic bars are to remain with their station.
9. Any variation of cleans, snatch, jerk, and other plyometric power-lifting moves are not allowed in the fitness loft, including within the squat rack.
10. Safety bars must be in place when performing any exercise in the squat rack.
11. Notify SRWC staff member if the equipment needs to be cleaned or repaired.
12. Television volume is to remain muted at all times. Fitness loft users may listen to the televisions via personal fm radios with head-phones.
13. Remove all plates from bars and replace all dumbbells, weights, and bars to original storage space when you are finished using them.
14. Please report any broken or damaged equipment immediately.
15. No kicking, bouncing, or throwing balls of any kind.
16. During peak usage times:
 - a. Limit yourself to a maximum of two sets per station.
 - b. Limit of 30 minutes on any piece of cardio equipment.
 - c. Allow others to “work in” while using the weight equipment.
17. Standing/loitering on the track is not allowed.
18. No spitting on floors, walls or in the water fountains.
19. Use of tobacco products is prohibited.
20. Chalk is not allowed.
21. Jump roping is not allowed in the fitness loft.
22. Personal training by non-SRWC employees is not allowed.
23. All personal items must be stored clear of walkways and exercise equipment. Lockers are available for daily use.

Note: Failure to follow the rules may result in immediate loss of fitness loft privileges.