

**THE UNIVERSITY OF ARIZONA®**



**DEPARTMENT OF CAMPUS RECREATION  
STUDENT RECREATION CENTER  
WEIGHT ROOM RULES**

1. You must be 18 years of age or older to work out in the weight room.
2. Water is the only food or drink allowed in the weight room. Gum, chewing tobacco, and chalk are not allowed in the facility.
3. Personal items, including backpacks, purses, and basketballs are not allowed in the weight room. No personal items may be stored on or around the information counter. Unattended personal items will be confiscated and taken to the Pro Shop. A \$2 fee will be required to retrieve the items.
4. Athletic apparel including shirts, shorts or pants and closed toe/closed heel shoes are required to be worn in the weight room. Jeans or other studded clothing are not allowed.
5. Weight belts may not be worn while leaning against or lying on the exercise machines or benches.
6. Please maintain control of your weights at all times. They may not be dropped or thrown.
7. Please return weights to the appropriate storage racks after use. Weights may not be left on the floor or stacked against equipment after use.
8. Please vacate machines in between sets. It is our policy to allow others to “work in” with you if you are performing more than one set on an exercise machine.
9. Please wipe down your exercise equipment after use.
10. Safety collars must be used on Olympic bars at all times. Please use a spotter when necessary.
11. No exercises may be done while standing on the exercise benches.
12. Please keep walkways open. Avoid working out directly in front of weight racks.
13. Sign ups are required for some cardiovascular equipment. Please observe all rules associated with this procedure, including maximum work out time limits.
14. Weights may not be removed from the weight room.
15. Department of Campus Recreation personal trainers have priority on all equipment while on duty.
16. Personal training may only be performed by Department of Campus Recreation personnel.
17. Please be courteous to others in the weight room. Department of Campus Recreation staff have the final say in rule interpretation and enforcement. Failure to comply with any of the rules may result in temporary or permanent loss of weight room privileges.