

## Fitness Room Rules

Pupils must be supervised at all times.

No outdoor shoes. Clean trainers must be worn.

Appropriate exercise attire is required in the weight and fitness rooms. T-shirts, shorts, warm-up suits, sweat suits, aerobic attire, and athletic shoes are acceptable attire when working out. Clean trainers must be worn.

Sandals, open-toe shoes, hard-soled shoes, string tank tops, cut-off tank tops, mesh tank tops, jeans, street clothing, and anything that compromises the safety and professionalism of the weight and fitness rooms are prohibited.

Personal music systems are allowed but ensure that wires do not interfere with the equipment.

Allow other users to use resistance machines in between sets.

No food of any kind, chewing gum, glass bottles, or cans are allowed. If you wish to carry a beverage with you, it must be **water in a plastic container with a lid/cap.**

Profanity or excessively loud or suggestive language will not be tolerated.

All users are encouraged to bring a clean towel to use on the weight equipment, and to wipe down cardiovascular equipment. (Covering the padded equipment with a towel helps prolong the life of the equipment and keeps everything clean for the next user.)

All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.

Personal belongings such as backpacks, wallets, etc., may not be placed anywhere in the weight and fitness rooms. Lockers are located in the changing rooms. Staff on duty could collect valuables.