



WEIGHT ROOM POLICIES

- Those 12 to 14 years of age may be in the weight room, ONLY if they are accompanied by and under the direct supervision of their legal parent or guardian at all times. The accompanying parent or guardian agrees that the Assumption of Risk & Release of Liability applies to themselves and the minor.
- You must be 15 years of age or older to use the weight room without the supervision of a parent or legal guardian.
- A shirt, shorts or pants, and closed-toe and closed-heel shoes must be worn in the Weight Room AT ALL TIMES
- Wipe down each machine before and after use. Gym wipes, towels, and disinfectants are provided.
- You must spray towels first then wipe down equipment. Do NOT spray equipment directly.
- Please be considerate of other patrons and use your cell phone in the lobby outside of the Weight Room.
- The use of headphones is required for personal music and in order to connect to the audio on our cardio equipment.
- All members are entitled to a free weight room orientation.
- No food is allowed in the weight room. All liquid must be in the proper spill and leak-proof containers.
- You must use a spotter when lifting any heavy weights.
- Collars must be used on all plate-loaded bars.
- Members are required to pick up after themselves. This included all plates, dumbbells, medicine balls, mats, bands, and benches being returned to their designated positions or racks. Discard trash and remove all personal items prior to exiting the facility.
- Please lower and raise the weight plates and dumbbells carefully. Do not drop or roll them on the floor after sets or strike them together between reps. Excessive dropping of weights will result in your removal from the weight room.
- Cardio equipment is available on a first come first serve basis.
- Do not remove any equipment from the weight room.
- Please report all injuries and any equipment failures to CCRC Staff.
- CCRC and its employees are not responsible for lost or stolen items.