



Weight Room Policies and Rules

- You must be 15 years of age or older to be in the weight room.
- No open-toed shoes are allowed while working out.
- Please use a hand towel provided by the Central-Clemson Recreation Center to wipe down each machine when you are finished with that piece of equipment.
- Please spray towels first then wipe down equipment. Do not spray equipment directly.
- Cell phone use is not permitted in the weight Room. You may use your cell phone in the lobby outside of the weight Room.
- The weight room is not a noise free area, use of audio devices is encouraged, and personal headphones are required to listen to media stations connected to cardio equipment.
- All members are entitled to a weight room orientation. See the front desk attendant to make an appointment.
- No food allowed in the weight room. All liquid must be in proper containers.
- Cameras record and monitor the weight room.
- Please use a spotter when lifting any heavy weights.
- Spring collars must be used on all plate loaded bars.
- Return all free weights and dumb bells to their rack after use.
- Please do not drop the weights, excessive dropping of weights will result in your removal from the weight room.
- Cardio equipment is available on a first come first serve basis. Please limit your cardio equipment use to 30 minutes during busy times of the day. (11:00 AM – 1:00 PM & 4:30 PM – 6:00 PM.)
- Please do not remove equipment from the weight room.