



Student Activities Center Fitness Center Rules (Updated 9/22)

WELCOME to the Fitness Center. We hope to provide you with a safe, clean, well-equipped facility that you will enjoy. If you have any suggestions that might improve your workout, please leave a written note in the

suggestion box.

1. Clayton State University Laker ID must be presented to staff to enter the facility.
2. All new members **MUST** complete required forms prior to using the facility.
3. No one under 16 is permitted.
4. Proper workout attire is required.
 - A full T-shirt with full-length sleeves must be worn at all times. No cap sleeves permitted.
 - Shorts/sweats. Waistband must remain at your waist at all times. No jeans, street clothes, or cutoffs permitted.
 - Athletic shoes must be worn. No cleats, boots, or sandals/flip-flops permitted.
 - Appropriate attire is the discretion of the Fitness Center Staff.
5. Always use collar on barbells.
6. No Olympic lifts or power lifts permitted in open floor area. All power lifts must be performed inside the rack.
7. We recommend the use of a spotter for any heavy lifting over your body.
8. Return all weight plates, dumbbells, and barbells back to their respective weight trees and racks.
9. Return weight benches to their proper places.
10. Use cleaning solution to wipe down cardio equipment and benches after use.
11. Report broken machines or equipment to the fitness assistant on duty.
12. The following Is Prohibited:
 - a. No gum, food, and water, in a sealable container or sports bottle is the only beverage allowed in all activity areas.
 - b. No Personal Training permitted.
 - c. No gym bags / back packs permitted on the fitness floors. Secure belongings in a locker.
 - d. No vaping, smoking, or tobacco products.
 - e. No yelling, profanity, or fighting.
 - f. No dropping or slamming of weights.
 - g. No bouncing balls or throwing balls outside the gymnasium. No kicking balls against the wall/curtain.
 - h. No use of equipment for purposes which it is not intended.
 - i. No dunking or hitting the rim.
 - j. No unauthorized photography and video.
 - a. Photo or video rules are stated under Photography, Video and Mobile Device Rules.