

# BRESCIA UNIVERSITY

## WEIGHT ROOM GUIDELINES

- 1. Must have weight room supervisor or workout partner to use facility, if you are found to be working out alone you will be charged in violation of Brescia University's Code of Conduct.**
2. Proper workout attire is required; tennis shoes, workout shorts/pants, shirt/t-shirt etc. Jeans, jean shorts, flip flops, open-toe or open-back shoes will not be permitted.
3. Please avoid dropping/banging the weight stacks, dumbbells, and bars. Use a spotter or ask weight room staff to assist you.
4. Any lift, such as a clean and jerk or snatch, in which a lifter may need to bail out and let the weight fall to the ground is PROHIBITED.
5. Put all equipment back in its place. Dumbbells, bars, weight plates, and cable attachments need to be returned to the provided racks.
6. Help us keep our equipment functioning properly; return the cables to the start position slowly and in control. Avoid banging the weight stacks together.
7. Clean equipment after each use. Do not leave sweaty benches and weights for the next person to clean.
8. Only water is permitted in the work room. Please do not bring soda, coffee, snacks, protein powders, shakes or supplements etc. into the weight room.
9. Do not monopolize any equipment or several machines at once. Allow others to "work in" sets while you rest.
10. Use of profanity or disrespectful behavior will not be tolerated!
11. Thirty (30) minute time limit at any one time on the stair master unless no one is waiting.
12. For any questions or concerns please contact weight room coordinator Mo Cato at [mo.cato@brescia.edu](mailto:mo.cato@brescia.edu)