

# Summit Activities Center

## WEIGHT AND FITNESS AREA

### RULES

1. Members and day pass users are required to check in at the front desk
2. No one under 12 years of age is allowed in the weight or fitness area. Members and guests ages 12-14 years of age must be supervised by an adult.
3. No food or pop cans are allowed in weight and fitness area. Only water in plastic containers is allowed.
4. Appropriate clothing, including shirt, tank top, shorts, and shoes must be worn at all times. No bikini tops or sports bras only.
5. Always use collars on weight bars.
6. Strip all machines and bars of weight and return equipment to proper place when finished.
7. Spotters are required on all heavy free weight lifts.
8. Do not throw, slam, or drop weights.
9. Do not add weights to the stacks on the selectorized or cable operated equipment.
10. There is a 30 minute time limit on all treadmills, bikes, elliptical, and steppers.
11. Wipe down all equipment when finished.
12. Always follow track direction arrow.
13. Walkers please use the inside lane. Runners please use the outside lane.
14. Run or walk in a controlled manner on the track.
15. Strollers are not allowed on track or in the weight and fitness area.
16. Do not stand on track if you are not using it.
17. Wrestling room is to be used only for stretching, abdominal work, or classes (no throwing of softballs, baseballs, dodgeballs, etc.)
18. Music and T.V.'s will be monitored by the Weight Room Supervisors. T.V. remotes are available to change channels. Music channel and volume requests should be made to the supervisor or the receptionist.
19. Horseplay will not be tolerated.
20. The Summit Activities Center staff reserves the right to determine additional behaviors that may result in loss of privileges.

***The SAC Weight and Fitness Area is for your safe enjoyment. Your cooperation is appreciated.***