

## **Fitness Room Rules**

1. Only white bottom tennis shoes or sneakers are permitted in the fitness training areas. Outdoor footwear is not permitted on any indoor court surface.
2. The fitness specialist must be physically present anytime there are individuals in the fitness training areas.
3. Food and gum are not permitted in the fitness areas at anytime.
4. Children under the age of 13 are not permitted in the free weight or cardiovascular areas.
5. The fitness specialist should be especially aware of free weight exercises requiring the assistance of a "spotter" (i.e., squats, bench press, etc.).
6. Individuals using the fitness areas should have a towel to cover benches and/or equipment. After the use of equipment, they must wipe clean the benches and equipment used with the provided paper towel and spray disinfectant.
7. Appropriate sportswear must be worn at all times.
8. The specialist on duty must maintain a clean and orderly fitness training area at all times. The reception desk and counter areas should be clear of personal items, weight stored in the appropriate racks when not in use (off the floor), etc. The last attendant on duty must wipe seats/chairs clean.