

Names Fitness Center Policies

ENTRY

- **All** users are required to have a current Lute Card or Short Term Membership pass from the Concierge Desk to use the facility. Other forms of ID (driver's license, student ID#, etc., are NOT valid).

ATTIRE

- Closed-toe athletic footwear is mandatory. No bare feet, sock feet, sandals, slippers, or heeled shoes.
- Shirts must be worn at all times.
- Jeans or pants with belts or exposed metal will not be allowed.
- The Fitness Center Staff reserves the right to judge the acceptability of all attire.

PERSONAL BELONINGS

- Coats, books, bags, etc. Cannot be left near exercise equipment or carried throughout the Fitness Center.
- All personal belongings must be place in the cubbies provided.
- Personal items are NOT to be left on or behind the front desk.
- Fitness Center Staff and PLU are not responsible for personal articles left in the Fitness Center.

GENERAL FITNESS CENTER POLICIES

- Beverages must be in closed containers.
- No food.
- Non-PLU individuals under the age of 18 are prohibited in the Fitness Center at any time.
- Profanity, abusive language or flagrant behavior will not be tolerated. Persistent use of such behavior, deemed unacceptable by the Fitness Center staff, will result in forfeiture of utilization of privileges.
- NO SPITTING on the floor of the Fitness Center or gym.
- Damaged or defective equipment should be reported immediately to the Fitness Center staff.
- Please do not remove any signage from damaged or defective equipment.

EQUIPMENT POLICIES

- Proper utilization for free weights and resistance machines are required. Fitness Center staff can only provide guidance for the correct use of all equipment and machines. The staff cannot provide exercise prescription. Personal trainers, not employed by PLU, are not permitted to provide paid services in the Fitness Center.
- Do not hang onto the treadmills while inclined.

FREE WEIGHTS & WEIGHT MACHINES

- Warm-up and cool down exercise are recommended.
- DO NOT DROP WEIGHTS EXCEPT FOR THE RUBBER BUMPER PLATES.
- RE-RACK WEIGHT PLATES/DUMBELLS/BARBELLS after use.
- Collars are strongly encouraged to be used for barbells at all times.
- Do not stand or step on exercise benches.
- The use of a spotter is recommended; use weight you can handle with good form. Never sacrifice form for weight.
- Weight belts are NOT to be worn on equipment that when properly used would involve the belt coming into contact with the equipment upholstery.
- Avoid resting on machines between sets. Please allow other participants to "work in" between sets.
- Please wipe down equipment after use. Disinfectant and cleaning towels are provided, as are Clorox wipes.

CARDIOVASCULAR EQUIPMENT

- Limit workout to 30 minutes during peak usage times or if people are waiting.
- Please wipe down equipment after use. Disinfectant and cleaning towels are provided. Do not spray directly on the display panels.
- Do not move/turn any cardio equipment.

Failure to abide by the policies set forth above may result in temporary or permanent suspension of fitness center privileges