

# Fitness Area Etiquette

## Uphold rules of club and exercise rooms:

- Read rules and posted signs.
- Observe posted equipment instructions and warnings.

## If you would like to use a piece of equipment someone is using:

- Ask if you can "work in between their sets" or simply wait until they are done.

## When you are using equipment and others waiting:

In a gym, weight equipment is considered communal property, so don't sit on a machine while you rest between sets. Instead, stand up and let a fellow gym member *work in* — let the member alternate sets with you. The same rule applies if you're using a pair of dumbbells. When you complete a set, place the weights on the floor so someone else can sneak in a set while you rest.

- Do not rest on exercise equipment or store your stuff on equipment.
- On cardio equipment, be aware that someone else may be waiting to use the equipment.

## When you are finished with a piece of equipment:

- Wipe equipment using disinfectant.
- Put equipment away when you have completed an exercise. It is not the other members' responsibility to put away your equipment.
  - Put weights in their designated place, not necessarily where someone that was using it before you had left it.
  - Put dumbbells placed in order on rack, where they were intended to be stored.
  - Return benches, mats and other equipment in its designated storage area.
  - Cable attachments should also be returned to designated storage area on machine or attachment tree and not left on floor or attached to cable.
  - Put barbell plates back in order on rack and collars back on hanger.
  - Remove "add-on-weights" from weight stacks when finished.

## Be aware of exercise area:

- Stay clear of areas that require space at or near a particular station.
- Do not exercise where others need to walk.
- Do not stand in front of the dumbbell rack since others will need clearance to get and put away their dumbbells.
- Keep your stuff off equipment and areas where people need to walk even if you are exercising right next to it.

### **Avoid dropping weights and/or weight stacks:**

- Learn techniques for raising and lowering weights.
- Do not bang weight stacks on machines; tapping weight very lightly is acceptable. Lower weight stack in a controlled manner. If impossible, you probably are using too much weight.
- If using weight stack machines, make sure the pin is fully seated prior to lifts.

### **Use equipment as it was intended:**

- Don't abuse the equipment, others help pay for it. We want it to last.
- Upholstery can get damaged fairly easily if not careful.

### **Use cardio equipment properly:**

- Do not slap feet on treadmill.
- Wipe equipment using disinfectant.

### **Children:**

- Do not allow children to "play" with exercise equipment. Kids under 16 years of age need to be accompanied by a responsible adult.

**Don't change a TV station without asking permission from those watching.**

**Make sure music/TV volume is acceptable to others in the room, if not, TURN IT DOWN OR OFF.**

**Get permission from others in room before opening doors and windows or turning on fans.**

- To save cost and energy, opening doors and windows in the fitness rooms is discouraged, especially in winter. If you do open either, get permission from other exercisers first, then please close and lock the window(s) or door(s) before you leave.

**Do not remove instructional material from the fitness area.**

**Inform staff of any damage, or of equipment that may need repair.**

**The floor exercise and stretching room should be the only room used for these type of exercises; not the aerobic room or strength training room.**

If you witness a flagrant etiquette violation, don't be afraid to inform the Bay Club staff. You're not being a snitch. The rules are for everyone.