

POLICIES AND PROCEDURES

- 1) All members **MUST SWIPE IN** at the Fitness Center Front Desk with a valid Rutgers University ID.
- 2) **NO GUESTS** are permitted in the Fitness Center unless a Guest Pass has been purchased. Guest passes are valid for one day and guests must be accompanied by a current member.
- 3) Persons under the age of 18 may not use the Fitness Center.
- 4) Closed-toe, non-marking, rubber-soled, athletic shoes must be worn. Jeans, Cargo shorts, and pants with belts are prohibited. Shirts must be worn at all times.
- 5) All belongings should be off the floor in each area of the facility and placed in lockers.
- 6) Lost and found items are turned into the Front Desk of the Fitness Center. We are not responsible for any belongings lost, stolen, or left in the facility.
- 7) Abusive language and foul play are strictly prohibited.
- 8) **NO FOOD OR DRINK** in exercise area but plastic, spill-proof bottles are permitted.
- 9) Personal training is not permitted within the facility.
- 10) All equipment must be used in the manner for which it was intended.
- 11) **DO NOT DROP WEIGHTS.** Do not allow machine plates to slam down. Perform controlled repetitions only or be asked to leave.
- 12) All free weights/attachments must be re-racked after each use.
- 13) Members are required to wipe down all equipment that they use.
- 14) No Fitness Center equipment is to leave the facility at any time.
- 15) Members may not bring and/or use personal equipment within the facility.
- 16) RUAFC does not assume the responsibility for any injury acquired during the normal gym activities. Any injured persons must report to Health Services for treatment. Work out at your own risk.
- 17) Members are required to wear headphones when listening to personal music devices.
- 18) Members are not permitted behind the Fitness Center front desk.
- 19) Fitness staff has the authority to ask members to leave for failure to abide by any facility policies.

Thank you for your cooperation- **RUAFC**