

# TIGER FITNESS CENTER

## Policies & Rules

1. All patrons must have a valid Tiger ID or family membership pass.
2. No gum, food, or drinks (except water in closed, plastic containers) is allowed.
3. Patrons must follow the proper dress code (Please see dress code policy for more details).
  1. Sandals, flip flops, crocs, boots, black-soled shoes, jeans, and any pants with buttons or hardware (zippers/rivets) and skirts are prohibited.
  2. Athletic shoes must be worn at all times.
  3. Shirts are required at all times. Large cutoffs, midribs, or spandex shorter than mid-thigh are prohibited.
4. No weight lifting chalk is permitted.
5. Olympic lifting is prohibited- this includes cleans, snatches, and jerks.
6. Do not drop weights. Do not allow machine plates to slam down.
7. Equipment should only be used for its intended use.
8. Exercises that cannot be performed in a safe manner or pose any risk to others are prohibited.
9. Weight collars, pins, clips & machine safety hooks MUST be used. Spotters are recommended.
10. Re-rack all weights/plates to their designated storage areas.
11. Benches must be kept out of walkway. Only roller benches may be moved.
12. All belongings must be kept in the lockers.
13. FHSU Tiger Fitness is not responsible for lost, stolen, or damaged items.
14. Bars may not be removed from their racks for use in exercises other than the lifts meant for that station.
15. Please report equipment failures to the staff on duty.
16. Wipe off controls, seats, pads, and railings before and after using equipment.
17. Personal trainers not hired or authorized by the FHSU Tiger Fitness Center may not train clients within the Tiger Fitness Center and Cunningham Hall.
18. The use of drugs and alcohol is prohibited prior to and within Cunningham Hall.