

## **Weight Room**

The weight room is unsupervised. Members work out at their own risk. Please ensure due caution while working out.

### **Rules and Etiquette**

- For the safety and convenience of all, please adhere to the following rules/etiquette:
- All weight room users must be current Field House adult membership cardholders.
- All weight room users must wear a shirt.
- Ensure that collars secure free weights before being used.
- Clean and wipe off upholstery after use.
- Do not rest on weight equipment between sets.
- Remove all weight plates from equipment and bars when you are finished and return them to the appropriate racks.
- Do not drop weight plates, barbells or dumbbells on the floor.
- Return all dumbbells and barbells to the appropriate racks when finished.
- Ensure that the buckles on weight belts do not damage upholstered equipment.
- Use a spotter when appropriate
- Report any problems or concerns immediately to Field House staff.