



GUSTAVUS ADOLPHUS COLLEGE LUND CENTER WEIGHT ROOM

RULES AND REGULATIONS

Students, student-athletes, and staff members who use the facilities are required to comply with the rules and regulations regarding conduct and equipment use. Failure to comply with the rules will result in disciplinary action including suspension of facility privileges. Use of the facilities is a privilege and should be treated as such. Coaches/athletics director will be notified of all disciplinary actions taken upon student-athletes or patrons. These rules and regulations have been established to ensure a safe and constructive environment.

- No food, tobacco, glass or open beverage containers. Only plastic bottles containing water are allowed.
 - *Open containers and other liquids may spill and leave a sticky mess or stain equipment. Water is available from the fountains outside the weight room. Food is not necessary to have with you in the weight room*
- Horseplay, offensive or obscene gestures or language, and inappropriate behavior will not be tolerated
 - *Disruptive and inappropriate behavior distracts people. Distractions not only cause people to lose focus during their training, but also creates a dangerous atmosphere that can lead to injury.*
- Cell phones, iPods, radios or other electronic devices are not allowed in the weight room
 - *They're expensive and there are a lot of free weights ready to break them. There is no need for personal soundtracks; there is a weight room sound system.*
- Headphones are not allowed for any reason
 - *Headphone wires can easily get tangled while exercising and create a dangerous situation. Also, you may not be able to hear instructions given out by staff or by other patrons*
- Proper attire is required at all times.
 - No revealing clothing (sport bras, tank top, any cut-off clothing, etc)
 - No excessively loose or torn attire
 - Close-toed athletic shoes (no spikes, bare feet, sandals, or unlaced shoes)
 - No casual / street clothing (jeans, cargo shorts, etc)
 - *Revealing clothing can be distracting and is not necessary. Excessively loose or cut-off clothing can easily get tangled while exercising and may lead to injury. Bare feet, sandals, or open-toed shoes do not provide adequate protection from a dropped weight or stubbed toes. When you are in the weight room, it is expected to perform athletic movements that require adequate motion. Casual/street clothes are not designed for athletic activity.*
- Music may be controlled by staff or with staff permission only. Music must be FCC approved, without profane or obscene language, and at an acceptable volume
 - *Excessively loud music is a distraction and may drown out instructions from staff or other patrons. Profane or obscene language is counter to the mission and philosophy of the Gustavus Strength and Conditioning Program*
- Use collars and spotters for free-weight exercises; use proper form; never sacrifice technique for weight
 - *Safety is the primary concern.*
- Steel plates may not be used on the platform except when combined with a larger bumper plate
 - *Steel plates may cause unnecessary damage to the platforms*
- Trap bars may only be used on the platforms with the trap bar mat in place
 - *Using the trap bar on the platforms without proper padding will lead to unnecessary wear on the platforms*
- Do not drop weights unless for safety reasons (ex, failed lift, jerk, etc)
 - *Dropping the weight from a height can damage equipment and cause injury to yourself or others. The weight should be controlled at all times. The only exception to this rule would be Olympic lifts overhead. However, even then the weight should be dropped in a controlled manner.*
- Weights and equipment should be replaced to the exact position found. Olympic plates placed lip-out on the storage racks.
 - *When things are in the same place every time, everyone knows where they are and they don't have to search for it. Lip out makes the weight easily identifiable and easy to grab*
- When finished with a station, bench, etc. make sure to clean up after yourself (disinfect the station, replace weights to their proper position)
 - *Everybody appreciates a clean workplace*
- Do not lean plates on the weight room walls, posts, or equipment
 - *Weights left on the floor or leaned up against something may tip may be stumbled over, which may lead to injury. Weights leaned against the wall may scuff or mark the wall.*
- No equipment is to leave the weight room without prior approval
- There is no use of the weight room outside of the posted hours without prior approval
 - *This is for your safety. Using the weight room unsupervised and outside of posted hours means no one is around to help in case of emergency. There may be a few exceptions (preseason coach-led practices), but always with prior approval*
- Observe all posted signs and instructions and follow all verbal direction by staff