



FITNESS AREA POLICIES AND PROCEDURES

The SAAC fitness area is primarily unsupervised. Therefore, it is the responsibility of the patron to follow appropriate weight room etiquette & safety practices. Cooperation & courtesy to others should be shown at all times. The following rules have been established to provide a safe & enjoyable fitness area for our students & members.

- APPROPRIATE CLOTHING & SHOES MUST BE WORN AT ALL TIMES.
- CLOTHING WITH ZIPPERS, SNAPS OR BUTTONS IS PROHIBITED.
- NO OPEN TOED SHOES OR SANDALS ALLOWED IN FITNESS AREA.
- DO NOT BRING BACKPACKS OR BAGS INTO THE FITNESS AREA.
- THE SAAC IS NOT RESPONSIBLE FOR STOLEN PERSONAL PROPERTY.
- USE GYM WIPES TO CLEAN SWEAT FROM MACHINES & EQUIPMENT.
- RETURN EQUIPMENT TO PROPER STORAGE AREA WHEN FINISHED.
- PATRONS UNDER AGE 12 ARE NOT ALLOWED IN FITNESS AREA.
- PATRONS AGES 12 TO 15 MUST BE SUPERVISED AT ALL TIMES.
- PATRONS AGED 16 & OLDER MAY USE FITNESS AREA ALONE.
- PERSONAL TRAINING, COACHING OR LEADING IN EXERCISE IS STRICTLY PROHIBITED UNLESS FACILITATED BY BUILDING STAFF.
- REPORT ANY MALFUNCTIONING EQUIPMENT TO BUILDING STAFF.
- SLAMMING OR DROPPING DUMBBELLS IS PROHIBITED.
- SPITTING IN DRINKING FOUNTAINS IS PROHIBITED.
- EXERCISE AT YOUR OWN RISK.