Abraham Baldwin Agricultural College
Weight Room Policies: Effective Spring 2015

- All users must present an ABAC ID to enter.
- Appropriate attire must be worn.
  - Shoes: Proper footwear (non-marking soles) must be worn by all participants. Open-toed footwear is not allowed. Hard-soled dress shoes or boots on elliptical and stair climbing machines are not allowed.
  - Shirts that provide complete coverage of the torso must be worn at all times.
- No food, alcohol, tobacco of any kind, chewing gum, glass bottles, or cans allowed. Users who wish to carry a beverage must have it in a plastic container with a lid/cap.
- All users will provide their own hand towel larger than a bath cloth any time equipment is in use.
- All users will cover padded equipment with a towel to prolong the life of the equipment and assist in maintaining a healthy environment.
- All users should warm up prior to using equipment.
- All machines and equipment should be wiped off by the user after each use, this includes benches, bars, handles, controls, seats, and railings.
- Be considerate to others using this facility do not sit and socialize on the equipment.
- No Smoking. No eating. No pets.
- Use of machines and equipment in the absence of an instructor or monitor is prohibited.
- The use of the facility may be restricted at certain times.
- Limit yourself to 30 minutes on all cardiovascular equipment if someone is waiting.
- All injuries should be reported immediately to the instructor or weight room monitor.
- Do not drop weights on the floor.
- Do not attempt to modify the equipment or machines in any way.
- Any machine that has been labeled as out of use is strictly off limits.
- Users will return all weights and dumbbells to the rack when finished.
- Abuse of the equipment or horseplay in the weight room will not be tolerated.
- Stereo headphones are not permitted in the Free Weight Area.
- Do not drop weights. If you can't control it, don't lift it.