



SELECTORIZED WEIGHT EQUIPMENT AREA RULES:

- Participation is “at your own risk.”
- In the event of an emergency please contact recreation staff or dial 911.
- If there is damaged equipment, please contact recreation staff.
- Participants must be at least 14 years old.
- Appropriate athletic apparel including nonrevealing shirts, athletic shorts or pants, and closed toed/closed heel athletic shoes are required to be worn. No jeans, slacks, or studded clothing on upholstered equipment.
- For safety reasons, all personal belongings need to be placed in cubbies or lockers. GVSU is not responsible for any belongings lost or stolen.
- Inappropriate behavior will not be tolerated in the facility.
- Plastic or reusable water bottles are acceptable.
- Please read and abide by instructions and precautions posted on each piece of equipment.
- No slamming of weight stacks. Lifting should be a controlled motion.
- If you are unsure on how to use a piece of equipment, please ask a recreation staff member.
- Wipe down all pads and equipment with sanitizing wipes that you come in contact with following use of machine.
- Do not take equipment out of the room.