



WEIGHT LIFTING CENTER RULES:

General 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. No jeans, slacks, or studded clothing on upholstered seats.
- For safety reasons, all personal belongings need to be placed in cubbies or lockers. Bags and jackets are not allowed in the weight room. GVSU is not responsible for any belongings lost or stolen.
- Inappropriate behavior will not be tolerated in the facility.
- Plastic, non-glass, or reusable water bottles are acceptable
- Use a spotter when necessary.
- Use of chalk and powder is prohibited.
- Always wipe down equipment after use.
- Maintain control of your weights at all times. No dropping of weights!
- Always workout at your own fitness level and ask recreation staff for assistance if necessary.
- Weight lifting instruction is available through Campus Recreation services.

Olympic Platform Rules:

Weight Lifting Rules:

- Use locks and collars on all bars.
- Return all equipment and weight plates to proper location after each use. Do not take equipment out of the area.
- No dropping of weights from higher than your knees.
- Weights must be controlled at all times.
- Olympic lifting only allowed within the platforms.
- Only one person allowed on the platforms at a time.
- No other plates or dumbbells aside from bumper plates allowed on the platforms.
- No spotting on Olympic lifts.
- Please leave the area cleaner than you found it.