

HTRS FITNESS CENTER RULES

1. No one under 19 is allowed in the Fitness Center without supervision.
2. Participants must sign the daily log upon entering the facility prior to using equipment and must sign out when leaving the facility.
3. Locker room facilities will not be available.
4. **DO NOT DROP OR BANG THE WEIGHTS.**
5. Dumbbells, bars and weights are to be returned to their proper places at the end of your workout.
6. No weights are allowed on the treadmills.
7. Please limit the use of aerobic equipment to 30 minutes when someone is waiting.
8. Secure pins on the bars before making lifts.
9. Abuse of equipment will result in **loss** of Fitness Center privileges.
10. **NO HORSEPLAY IS ALLOWED.**
11. Please clean and wipe down equipment after use.
12. Keep the facility clean, **DO NOT THROW TRASH ON THE FLOOR.**
13. **You are responsible for the supervision and behavior of anyone that comes with you to the Fitness Center.**
14. **Minors who do not have a waiver form on file are NOT allowed to use equipment.**
15. Only water bottles are allowed in the Fitness Center. No glass containers are allowed.
16. Please make sure the TV's are turned off when you leave.
17. The Fitness Center is being monitored by videotape. Everything you do inside and outside the building can be viewed by the administration when deemed appropriate.

Signature: _____

Date: _____