1. Chalk usage is **strictly prohibited** in any workout area.

2. Drinks in non-breakable, spill-proof sealable containers are permitted. **NO** gum is allowed.

3. For the safety of all users, weights and dumbbells **must be** returned to their proper storage rack when last set is complete.

4. Slamming or dropping weights is **strictly prohibited**.

5. Plates, dumbbells, and bars are **not** to be leaned against or placed on upholstery or against any wall/mirror or equipment.

6. When doing a dead lift exercise, please follow this protocol:
   - Use the **clips/collars** on the barbells.
   - **Do not** allow weight to slam onto floor between repetitions.
   - Shoes **must** be worn.
   - **NO** deadlifting allowed outside of the rack or platform.

7. **Only** the fitness center staff is allowed to operate the radio. Requests should not be made to the staff.

8. The equipment is **not** to be moved from its location. Free weights are only permitted in the designated area. Benches are not permitted in the stretching area.

9. Equipment **and** exercises may **only** be used and performed in its area and for its **designed purpose**.

10. Failure to adhere to the rules and regulations in the Stevens Fitness Center may result in individual suspension.

11. **Do not** use, adjust, or operate fitness equipment without proper training or instruction.

12. **Do not** operate equipment that has loose or damaged parts. If machine fails to operate correctly, **do not** attempt to repair. If equipment is not operating properly, **please report** to Fitness Center Staff.
13. In accordance with guidelines set by the Americans with Disabilities Act, the fitness center is limited to 45 occupants.

14. Fitness Center has a **dress code**. (read more about the dress code)

15. Please be sure to **follow any directives** from athletic department staff.

16. All Fitness center participants **must** wear shoes during all exercises