

Montana State University Marga Hosaeus Fitness Center

Guidelines and Rules

- Safe and proper use of equipment is required at all times. If you are unfamiliar with the equipment, please ask the Fitness Staff or set up a fitness consultation by calling: 994-5000.
- Closed-toed shoes required at all times.
- Wear appropriate athletic clothing that promotes safety and facility/equipment hygiene (*see more below)
- No riveted clothing.
- Please be courteous to other participants and wipe off machines and benches with the disinfectant after use.
- Collars must be used on all free bar lifts with plates. Always unload bars and re-rack plates.
- Please do not drop weights on the floor or slam plates together.
- Please do not monopolize equipment. During heavy usage times, please limit use of cardio equipment to 30 minutes.
- Ask for spotter's assistance when necessary.
- This is your Fitness Center. Keep it clean, picked up, and ready for others to use. Please return equipment to its designated area.
- No cell phone usage in workout areas or locker rooms.
- Personal training by individuals other than Rec. Sports & Fitness trainers is not permitted.
- Participants displaying inappropriate behavior may be asked to leave the facility at once, and access privileges into Hosaeus Fitness Center (HFC) may be revoked or suspended.

Violation of HFC and program guidelines/rules, or the Montana State University code of Student Conduct, may lead to removal from HFC and loss or suspension of privileges.

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Clothing Policy:

In an effort to promote safety, reduce the spread of communicable diseases, and prevent additional wear and tear on the equipment, all participants are asked to wear appropriate athletic clothing in all areas of the facility.

1. Appropriate clothing can be defined as but not limited to:

- Chest and midriff must be covered at all times
- Shorts must be long enough to cover the buttocks and groin
- Vulgar and/or offensive screenings on attire will not be allowed

2. Patrons must wear shirts in all areas of the facility unless not wearing a shirt is serving a purpose such as distinguishing teams for open gym activities.