Recreational Sports & Fitness

Functional Training Room Guidelines and Procedures

Maximum Occupancy = 16

• If you are unfamiliar with this equipment, please ask the Rec. Sports & Fitness (RSF) certified personal trainer or set up a personal training session by calling 994-5500

• This room has an “open door” procedure with no set monitor during all open hours
• For assistance or reporting injuries see Equipment Room or Fitness Staff on duty
• Please be aware of the potential risks involved with the fitness equipment in this room and advanced style of lifting
• When a trainer or fitness staff is on duty please listen to their advice, they are here for your safety

• Overhead lifting is allowed but users are required to follow the standards of the International Weightlifting Federation and USA Weightlifting, to include:
  • Controlling the weight to shoulder level before dropping
  • Bar should always be dropped in front of the lifter and
  • Do not let bar/weight drop either deliberately or accidentally

• Secure all weight plates with a collar and put all weights away

• Equipment **Does Not** leave this room

• Shirt and close-toed shoes required

• Keep chalk in closed container or in the bowl; use it in an appropriate manner

• No one under the age of 14 is allowed in the room, unless accompanied by an adult and/or RSF personal trainer

• No personal training or sport coaching allowed unless schedule by RSF and with a RSF personal trainer

**Failure to follow these guidelines may end your privileges to the Functional Training Room**