

ROUNDUP ATHLETIC CLUB

EASTERN OREGON'S FINEST ATHLETIC FACILITY

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FITNESS AREA ETIQUETTE

To help maintain a positive environment in our weight rooms, cardiovascular area, and circuit area, we ask that all members and guests to become familiar with the Fitness Area rules and regulations.

Attire: Athletic workout clothes and athletic shoes which must be clean and suitable for exercise. Shirt and shoes (no open toe shoes) are required wear at all times in the fitness area. No jeans, cutoffs, flip-flops, etc.

Rules for Free Weights:

1. Please do not bang weights on the floor.
2. Please re-rack plates and dumbbells.
3. Please do not lean plates or bars on walls or mirrors.
4. No chalk allowed.
5. Use equipment for its intended purpose only.
6. Please use one station at a time.
7. If Nautilus machines are used to supplement a workout, please do not cut in front of a member training on a Nautilus program. They have priority.
8. Please wipe down the pads from perspiration after use.
9. Do not adjust the volume on the radio. If you wish to listen to loud music it is suggested you use a headset.

Rules for Nautilus Machines:

1. Please do not let the weight plates slam on the stack.
2. Do not place free weight plates on pins. Please use special plates designed for nautilus machines which are located near the equipment.
3. Please wipe down the pads from perspiration after use.
4. Please do not rest or visit while on equipment.
5. If at any time you are unsure of how to use a piece of equipment, please ask an instructor.

Rules for Stairmasters:

1. Use the sign up sheet. Cross your name off as your turn comes up.
2. When someone is waiting to use the Stairmaster, limit your time to 20 minutes.
3. Do not remove reading racks or any part of reading racks from Stairmaster.
4. Please wipe down Stairmaster and rack when done.

Rules for Treadmills:

1. Use the sign up sheet. Cross your name off as your turn comes up.
2. When someone is waiting to use the treadmill, limit your time to 20 minutes.
3. Please wipe down treadmill when done.

Rules for Circuit Area::

1. During open circuit sessions, members lifting multiple sets must give the right of way to circuit trainers.
2. Please wipe down the pads from perspiration after use.
3. Please do not rest or visit while on equipment.
4. If at any time you are unsure of how to use a piece of equipment, please ask an instructor.