



## WEIGHT ROOM RULES

- BE RESPECTFUL
- WEAR ATHLETIC CLOTHING
- WATER AND SPORTS DRINKS ONLY (SEALED CONTAINERS)
- USE HEADPHONES — NO SPEAKER PHONE CALLS
- USE EQUIPMENT PROPERLY; ASK STAFF IF UNSURE
- USE SPOTTERS FOR HEAVY LIFTS
- REPORT INJURIES
- REPORT BROKEN EQUIPMENT
- WIPE DOWN EQUIPMENT AFTER USE
- PRACTICE GOOD HYGIENE
- NO BAGS ON FLOOR — USE LOCKERS OR COAT HANGERS
- ALLOW OTHERS TO “WORK INTO SETS”
- RETURN ALL EQUIPMENT
- DON’T DROP WEIGHTS
- LIMIT CARDIO TIME TO 30 MINUTES DURING BUSY HOURS
- KIDS UNDER 14 MUST BE WITH A PARENT
- SEE WEBSITE OR CALL FOR FAMILY TRAINING OPTIONS

[www.wrangellrec.com](http://www.wrangellrec.com)

907-874-2444