



## Strength & Cardio Policies

- 1. Exercises that may endanger you or other participants are strictly prohibited.**
- Safe and proper use of equipment is required at all times. If you are unsure how to use a piece of equipment, please ask a staff member. **Please do not drop weights.**
- Weight plates, dumbbells, and other equipment accessories must be returned to their proper location use. Please re-rack dumbbells in weight order.
- All strength training equipment must stay in its original location; moving equipment is not permitted.
- Collars must be used on bars at all times.
- Abuse of property (slamming weight stacks, dropping weights to the floor, etc.) or verbal or physical abuse of participants or staff will not be tolerated. Violators may be asked to leave the facility immediately and are subject to the Recreational Sports participant disciplinary process.
- Athletic shoes covering the entire foot must be worn at all times. Open-toed and open-heeled shoes and sandals are not permitted. Workout clothes that fully cover the chest must be worn. Shirts are required at all times. **Jeans are not permitted.**
- No food or glass beverage containers are permitted in the Strength and Cardio areas.
- Only authorized personnel of Campus Recreational Sports are allowed to provide personal training services in the Strength and Cardio areas.
- Please leave personal belongings in lockers or on hooks. Personal belongings are not permitted beyond the Strength & Cardio desk or anywhere else in the Strength and Cardio areas. Campus Recreational Sports is not responsible for lost or stolen items.
- All participants must enter/exit through designated areas.
- Individuals without a valid Indiana University Bloomington student I.D. and under the age of 18 are not permitted in the Strength and Cardio areas.
- Music Policy:** The volume is to be set between 70 and 80 dB (determined by a decibel meter). Individuals may request that the volume be reduced, but not turned off. Music stations may be periodically changed throughout the day at participant request. Once a station is changed, however, it must remain on that station for at least 20 minutes.
- For safety, maximal participant capacities have been established in accordance with local building codes and industry standards. Recreational Sports personnel may limit access to Strength and Conditioning areas based on these limits.
- Strollers are not permitted in the Strength and Cardio areas.
- In the event of an injury/accident, contact a Recreational Sports staff member.

### STATEMENT OF RESPONSIBILITY

*Neither Indiana University nor Campus Recreational Sports accepts any responsibility for ill health or injury sustained while participating in any of the programs. No medical or ambulance expense incurred by a participant will be paid by Campus Recreational Sports or by the University. Participation is on a voluntary basis. It is recommended that all participants undergo a prior physical examination and carry some form of health and injury insurance. If an injury does occur, it should be reported to the nearest Recreational Sports staff member. In the event that blood is involved in an injury, that person cannot continue to participate until the wound is properly cleaned and dressed; any clothing with blood should be removed.*