

# FITNESS FLOOR GYM ETIQUETTE GUIDELINES

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Welcome to Provo Recreation Center Fitness!

We are thrilled to have you as fitness patrons in our mezzanine our vast array of not only equipment, but also fitness classes. In order to ensure the best safety for not only you as a patron, but all patrons attending the facility we have created these guidelines to help direct the appropriate behavior that should be followed while attending our facility. Please read over these guidelines as follows:

1. Safety first.
  - a. Anyone, doing anything that is potentially harmful to other members is unacceptable.
  - b. We ask patrons to use the facility as a workout facility as it was intended.
  - c. We also ask that patrons make sure to respect the equipment provided.
2. Share the equipment.
  - a. Weight equipment is considered communal property; because of this we ask that patrons not sit on a machine while resting between sets. Talking on cellular devices or sending text messages are an example of behaviors to avoid while on machines. Patrons should instead let fellow gym member's rotate and alternate sets.
  - b. Reservations are not allowed on any signature or seated equipment. The machine currently being used by a patron is the one piece of machinery they are allowed to continue using without disruption.
  - c. Reservations on machines are not allowed. Patrons are not allowed to set up circuits with multiple pieces of equipment and reserve them for future sets or reps.
  - d. Same guidelines apply with our free weight, pre-loaded dumbbell bars, and Olympic bars. Each patron is allowed to only have one set of free weights, pre-loaded bar, or Olympic bar with them at one time.
3. Re-rack weights.
  - a. Once a patron has completed a set with our plate loaded weights, the patron should remove the plates used and re-racks them onto a plate loading tree.
  - b. Once a patron has completed a set with our free weights, the patron should return the free weights to the free weight rack.
4. No slamming weights.
  - a. This facility is NOT a power lifting facility and was not designated to be such a facility. If you as patron are looking for Olympic type of lifting movements, we ask that you consider other facilities in the valley specified for those kinds of movements.
  - b. As a facility, we consider a slam to be any kind of weight dropped above the shin. Any kind of weight dropped below the shin and placed down on the ground with correct form is acceptable.
  - c. Deadlifts are not allowed with throwing or slamming of weight on the ground. We ask that if you do deadlift, you as a patron do not cause excessive noise around surrounding patrons.
  - d. Cleans are NOT allowed with throwing or slamming of weight on the ground.
5. Grunting/unnecessary noise.
  - a. If such excessive noise is causing patrons to feel uncomfortable or turn heads, we ask that the patron discontinue the noise.
6. No CLUTTER is allowed in hammer strength and free weight area.

- a. Small gym bags and small back strap bags are allowed, but anything larger than 12x12 in size is NOT allowed in hammer strength or free weight area. Instead, we ask patrons use the hundreds of lockers we have available downstairs to lock up valuables.
  - b. Any excessive items or large gym bags seen as potential TRIPPING HAZARDS will not be allowed in hammer strength or free weight area.
  - c. In our hallway, any bag not touching the wall or inside a cubicle holder will be asked to be removed to a downstairs locker.
7. Wipe down equipment.
- a. After each use of equipment, patrons should wipe down obvious sweat with gym wipes provided.
8. Appropriate clothing attire.
- a. All patrons must have an athletic closed-toe shoe on at ALL times when in the fitness mezzanine.
  - b. In regards to clothing, we require the following areas to be covered: chest, abdomen, and hip to pant inseam.
9. Track etiquette.
- a. Blue lane is walking lane.
  - b. Dark gray lane is jogging lane.
  - c. Light gray lane is running lane.
  - d. Strollers are allowed on the track, but only in the blue walking lane. No strollers are allowed in the dark gray or light gray lane, since those are designated for jogging and/or running.
  - e. Strollers are allowed on the track, as long as they take up only one lane length. Double wide strollers are not allowed if they are taking up multiple lanes.
  - f. Strollers are allowed on the track, but NOT allowed to stop or get on ANY piece of machinery along the track. Liability causes us to enforce this rule and as a result, we cannot have anyone younger than the age of 14 parked near any of our exercise equipment in a stroller.
  - g. Baby carriers are NOT allowed on track.
    - i. Why?
      1. Strollers at least give some form of enclosed protection to the child from accidents occurring in the fitness mezzanine. An exposed baby or toddler in a carrier has no protection and is fully exposed to accidents occurring (tripping, free weights, etc.) In addition, we can monitor more fully when a patron is abusing use of equipment with a stroller parked. This is more difficult to enforce with baby carriers.
  - h. Acceptable track exercise formats are either walking or running motions.
  - i. NO free weight, dumbbell, or Olympic bar equipment is allowed on the track.
  - j. NO spitting or food/drink is allowed on track.
10. Minimum age limits.
- a. NO ONE is allowed to be ANYWHERE upstairs in the fitness mezzanine that is under the age of 14. Even those who are 14+ and are not in the fitness mezzanine to work out or following the guidelines listed above will be asked to leave the fitness mezzanine floor.
  - b. It should also be noted no one under the age of 14 is allowed in any of our regularly scheduled fitness classes unless the class is specified for kids or youth (in either the Program Studio or Fitness Studio).
11. Fitness classes.
- a. We recommend patrons use our app “Provo Recreation Center” to see updated changes to the schedule, substitutions when they occur, and advertised activities.
  - b. Patrons are allowed to reserve a spot in any of our classes on the schedule with the “Provo Recreation Center” app during seasons where high traffic occurs in our facility.

- i. \*RESERVATION POLICY: A patron's reservation is good 5 minutes before the class starts. If the patron is not present (by their equipment) 5 minutes before the class begins, their reservation is forfeit to those waiting outside the classroom.
- ii. If a saved item when the class starts is observed, it will NOT be honored and asked to be removed once class has begun.
- iii. If a class does not have a reservation limit, the general rule is first come first serve.
- c. To maintain a safe environment, only adults over the age of 14 are allowed in any of our regularly scheduled fitness classes (both classes held in the Program Studio as well as the Fitness Studio).
  - i. We do offer youth and kids classes for those children under the age of 14 who would like to attend during certain times of the day, and are specifically labeled with (Ages X-X) on our class schedule.

We as a fitness staff are committed to providing the best experience possible for you as a fitness patron. We also invite you to come and enjoy all of our amazing amenities we have to offer here at our recreation center.

