

Urbana Will Out Work Everyone – It All Starts Here!!!

~ Weight Room Rules ~

No one is allowed in the facility without qualified staff present.

No jewelry is to be worn.

The On-duty supervisor shall direct overall room conduct and use of equipment.

Collars are mandatory at all times.

Supervisors are not responsible for belongings, lost or stolen.

Misuse of equipment and facilities may result in immediate expulsion.

Spotters must be used when necessary.

Weights are to be moved from the racks to the bar only. They are never to be set on the floor, or on a bench. All rubber bands or chains should be removed from machine/bar and put away.

Respect the equipment and facilities – weights are not to be dropped or thrown.

Horseplay and offensive language are not permitted.

Shirts are to be worn at all times. Only proper athletic attire allowed.

No gum, glass bottles or food allowed in facilities.

Direction by any coach must be followed.

Stay off wrestling mats unless directed by coach/supervisor.

When Done Lifting:

Weight equipment should be sprayed with disinfectant.

All weights returned to racks.

Pick up all trash and throw it away.

All lights need to be turned off – including bathroom.

Lock doors and gates.