

Policy and Procedure

Department: Recreation and Wellness	Section: Weight Room
Title: Weight Rooms – Kiewit Fitness Center and Rasmussen Center	Effective Date:
Authored by: Lucia Zamecnik	Approval Date:
Approved by:	Revision Date:
Type: Departmental Policy	

Purpose: This policy was created to ensure the general safety of all patrons using the weight rooms and to secure the belongings of all patrons (students, faculty and staff) that are using the recreational facilities.

Scope: All patrons (student, faculty or staff) that are entering/using the weight room facilities (Rasmussen FitNest and Kiewit Fitness Center Fitness Forum).

Policy:

Must be 14 years old or older (with proof of ID) to use the weight rooms.
 Individuals under 16 years of age must be accompanied by an adult at all time.
 Proper attire must be worn. Closed-toed shoes and shirt required. Cover all open skin wounds.
 No food and drink (besides water) is permitted.
 Water is allowed only in plastic, re-sealable containers.
 Safety clamps must be used on bars at all times.
 Spotters are recommended for free weight exercises.
 Re-rack/replace weights and equipment to proper location after each use.
 No banging, throwing or dropping of weights.
 Wipe down/clean equipment after each use.
 Headsets are required for personal music/sound systems.
 No profanity or horseplay permitted.
 Non-Recreation and Wellness or Exercise Science Department personal trainers are not allowed.
 Limit use to 30 minutes when others are waiting for equipment.
 Recreation and Wellness department and its staff is NOT responsible for theft or loss of belongings.

Procedure:

Please ask Recreation building staff on duty for assistance if you have a questions about proper use of equipment. Report all incidents, accidents and concerns to the Recreation building staff immediately.

Accountability/Follow-up: Violation of policies may result in lose of privelages. Misuse of equipment/facilties is strictly prohibited and will result in suspension of facility privelages for those involved.