



# Vandalia Recreation Center

## Fitness Center Rules

Includes Fitness Floor & Upstairs Fitness Area

1. Respect fellow patrons, staff, equipment and facility.
2. Safe and proper work-out attire is required (i.e. shirt, shorts/pants, closed-toe shoes).
3. Use provided cleaning materials to wipe down equipment after each use.
4. Keep trip hazards such as bags and personal items off the floor.
5. Do not remove heavy weights, benches or large equipment. Heavy weights, benches and large equipment are not permitted on the surface around the Climbing Wall.
6. Full body, explosive lifts are not permitted. Lifts not permitted include: Cleans, Jerks and Snatches. Deadlifts are permitted if weights are not dropped on the floor.
7. Always lift in a safe manner and use a spotter when appropriate.
8. Collars must be used on weight bars.
9. In case of equipment malfunction, please notify staff on duty.
10. Re-rack weight plates and dumbbells; return all equipment to proper location after use.
11. Avoid banging/dropping weights and dumbbells.
12. Food is prohibited; drinks must be in closed containers.
13. Any other guidelines deemed necessary for the safety and comfort of the patron will be enforced.

### Age Requirements:

**Youth ages 11-13** may utilize the Fitness Floor and Upstairs Fitness Area Friday, Saturday and Sunday only and must be actively supervised by a parent/guardian. A Youth Fitness Waiver must be signed by parent/guardian.

**Youth ages 14-17** may utilize the Fitness Floor and Upstairs Fitness Area during facility operating hours. A Youth Fitness Waiver must be signed by parent/guardian.