

**UW TACOMA**  
**Campus Fitness Center**  
**Rules and Regulations**

**In order to ensure a safe and comfortable atmosphere for everyone, please be respectful of others and adhere to the following guidelines:**

**General Guidelines**

- 1) Users are required to check in at the front desk for each visit upon entering the Fitness Center. All members must present a valid UW Tacoma ID in order to use the Fitness Center. Entry of the Fitness Center will not be permitted without valid ID.
- 2) All participants must wear proper attire, which includes closed-toe shoes and shirts. Pants with belts or metal rivets and cut-off pants are not allowed. Proper athletic gear must be worn at all times.
- 3) Food, beverages, and gum (with the exception of water) are not permitted in the Fitness Center.
- 4) Personal music may only be played using headphones.
- 5) Members are required to pick up after themselves and discard trash and remove personal items.
- 6) Personal items, bags and other items are to be stored in lockers only and not on the Fitness Center floor. Staff members are not permitted to hold valuables.
- 7) University of Washington Tacoma is not responsible for lost or stolen items.
- 8) Please report all injuries and any equipment failures to a Fitness Center staff member.

**Cardio Equipment Guidelines**

- 1) During peak hours, or while other people are waiting, please limit your time on a piece of cardio equipment to 30 minutes.
- 2) Wipe down each piece of cardio equipment for the next user.

**Weight Training Equipment Guidelines**

- 1) Please replace all dumbbells on the appropriate racks, in the assigned spaces when you have finished using them.
- 2) Due to the potential risk of injury, we recommend using a spotter when training with free weights.
- 3) Please allow other users to “work in” or take turns. Do not monopolize several pieces of equipment while others are waiting.
- 4) Please properly wipe down equipment when finished.
- 5) Do not drop free weights on the floor or allow weights to crash together.
- 6) Do not lift more weight than is comfortable and safe. It is strongly recommended that you are properly oriented on all of the exercise equipment, prior to beginning an exercise program.

**Locker Use**

- 1) Lockers are on a first-come, first-serve basis.
- 2) Lockers are available for visit use only. All belongings and personal items must be removed from lockers upon exit of the Fitness Center.
- 3) Personal locks may be used, but they must be removed from lockers upon exit of Fitness Center. Unauthorized locks are cut each night and contents of the locker may be removed.

**Cell Phone Policy**

- 1) Cell phones may not be used in the Fitness Center.

**Users who do not adhere to the Campus Fitness Center rules and guidelines may have their membership suspended, terminated or revoked. The UW Campus Fitness Center staff reserves the right to refuse service to any member who violates any rule, regulation or guideline, or engages in any verbal and/or physical abuse of the Fitness Center staff or other members.**