

Gym Etiquette Rules

1. Always make sure there is someone in the vicinity - do not work out alone.
2. Wipe down the equipment when you are done.
3. Don't monopolize weight equipment; let others work in with you.
4. Return plates and dumbbells to their racks when you are done.
5. If you see any conditions or actions which you feel are unsafe, contact one of the BBC officers.
6. The time limit on cardio equipment is 20 minutes. Be considerate of others, and don't go over the time you signed up for.
7. CLEAN sneakers are required. No work boots, no cleats.
8. Do not bring additional equipment, such as bicycles, into the gymnasium or weight room.
9. Follow posted hours for work outs and locker room use. You must vacate all facilities from 9am-11am for cleaning.
10. Please attend one of the FREE twice monthly orientations to familiarize yourself with the equipment, and certainly ask your fellow BNLER's for assistance.