

RAL RecSoc Fitness Centre Rules

- Only RecSoc Fitness Centre members are allowed to use the facilities.
- You use the facilities and equipment at your own risk.
- You should consult your GP before beginning an exercise program.
- Always be courteous and respectful of other Fitness Centre users.
- Persons under 18 must be accompanied by a responsible adult.
- You must sign in and out using the user logbook.
- No food or drink (except water) may be consumed in the Fitness Centre rooms. Spills must be cleaned up immediately to prevent slip hazards and / or water damage.
- Proper fitness attire must be worn. No boots, street shoes, sandals or bare feet allowed, and clean indoor appropriate training footwear is required.
- Do not leave personal effects, bags, clothes, etc. in walkways or on equipment.
- Use the equipment properly and follow any relevant directions or instructions carefully.
- Do not lean on any equipment. Keep your hands away from any moving parts.
- DO NOT USE any damaged equipment and report any damaged equipment to the Fitness Centre Management Team immediately.
- Use a spotter when performing any lifts with heavy weights. NO EXCEPTIONS.
- Know your limitations and use proper technique to avoid injury.
- Do not hog the equipment. Use one machine or piece of equipment at a time and allow others to use the equipment in between your sets.
- 20-minute time limit on cardio machines during peak hours or if others are waiting.
- Handle all equipment with care. DO NOT drop or slam weights. If deadlifting, use deadlift pads supplied when doing so.
- Return all weights and bars to the correct racks after use and stow deadlift pads after use.
- Urethane weight plates are to ONLY be used on the Olympic bench and not used for floor work.
- Crumb bumper plates are supplied for any floor related weight exercises.
- Personal music if required is to be played via personal headphones. RAL RecSoc will not supply a music system.
- Sanitise and wipe down any equipment or machines before and after use.
- If there is no one else in the room when you have finished your session you must close all windows, turn off the lights, and ensure the doors are locked when you leave.