Gym Etiquette
(6/26/23)

1. Dress Code
   a. Closed-toed shoes are mandatory.
   b. Workout clothes are ideal.
2. Always place your personal belongings in a locker. We advise against laying personal items on the floor to protect participants from fall risks.
3. Always wipe down your equipment when you are done with it.
   a. Vindicator spray bottles and Wypall towels are provided throughout the facilities.
4. Give people space.
   a. Be aware of the exercise area.
   b. Don’t exercise where others need to walk (Levine Hall Lab especially).
5. Do not stand in front/or place a bench in front of the dumbbell rack. Others may need to access the rack as well.
6. If someone is using a piece of equipment ask if you can work in between sets.
7. Respect people’s peace.
   a. Listen to your personal music on headphones or earbuds.
   b. Keep noise levels low and courteous limit grunting. Don’t raise your voice. Don’t curse.
   c. Take personal phone calls in a private space.
8. Take care of the equipment as if it were your own.
   a. Never drop dumbbells, a good practice to follow is to gently return the weights to their resting position.
   b. Dropping *bumper plates* is permitted only in Varsity Gym, no dropping of any weights is permitted in Levine Hall’s Lab.
   c. Please do not slam the weight stacks on stationary equipment.
9. Put equipment back where it belongs when you are done.
10. Under no circumstance are our App State Faculty, Staff, Retirees, and or their spouses approved to bring personal trainers, class instructors, etc. who are not HPFS employees.
11. Please report any equipment concerns and or personal injuries immediately.
12. Make friends and only give advice when asked.