

UTSA Campus Rec. Fitness Policies

- To avoid injury, please utilize exercise machines and equipment for its intended use. Campus Recreation reserves the right to ask patrons to discontinue use to avoid risk to self, others and equipment.
- Patrons must wear securely fastened closed toe athletic shoes with a non-marking rubber sole at all times. Boots, sandals, crocs, etc. are not permitted.
- Patrons must wear non-abrasive athletic pants or shorts without zippers or buttons to avoid damaging the upholstery on machines (e.g. jeans/cargo shorts are not permitted). Shorts/pants must be worn at the waist.
- Patrons are required to wear a shirt that covers the chest and abdominal region.
- Patrons must checkout a towel prior to working out.
- To assist in maintaining a safe and sanitary facility, please use the towels and spray bottles provided to wipe down equipment before and after use to help minimize the transmission of infections, as well as to extend the life span of equipment.
- Discarded personal items, such as backpacks, skateboards, purses, clothing, and basketballs, etc., must be stored in a locker at all times during workout.
- Food is not permitted. Only beverages in a re-sealable container are allowed.
- Please do not obstruct walkways with workout equipment.
- Please do not rearrange workout equipment.
- Recording devices, such as cameras, are prohibited.
- Personal Training may only be conducted by Campus Recreation staff, all others will be asked to leave.
- To ensure a clean environment, as well as avoiding potential respiratory ailments to others, chalk is not permitted in the facility.
- Workout equipment is not to be placed within 5 feet of fire exits or extinguishers.
- Only authorized Campus Recreation staff members are allowed to operate the stereo, clock, phone, video, and TV.
- *Failure to abide by policies, procedures, or regulations posted in facilities, on website or requests made by any campus recreation staff member will result in ejection or suspension of privileges from Campus Recreation facilities, programs and/or services.*

Weight Room Policy

- Safety collars/clips are required for all barbell lifts.
- Removing equipment and/or weights from the Weight Room is not permitted.
- Please re-rack weights to their respective rack after use.
- For the prevention of injury to yourself or others, and/or damage to floor or equipment, weights may not be dropped or thrown.
- Only bumper plates are allowed to be used on the power lifting platform.
- Olympic lifts are to be completed on the platform only.
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Cardio Room Policy

- Equipment from the Weight Room/Core Area is not permitted in the Cardio Room.
- Equipment is not permitted on any cardio machines.

Core/Track Area Policies

- Removing equipment and/or weights from the Core Area is not permitted.
- Equipment is not permitted on the track.
- Patrons must run/walk the direction indicated on the directional signals.