

# STRENGTH TRAINING CENTER ETIQUETTE

- Please use the weight room at your own risk. No supervision is provided.
- Consult trained staff if you are unsure of proper technique or use of equipment.
- Please do not bang or drop weights.
- The use of chalk is prohibited.
- Be considerate of others and allow use of equipment while resting between sets.
- Athletic attire and closed toe shoes are required.
- Please wipe off mats after use.
- Please respect right-of-way of walkers and joggers.
- No gym bags on weight room floor and track.  
Please use locker room or coat rack for personal belongings.
- The NSYMCA is not responsible for lost or stolen items.
- Please re-rack weights and return all equipment to their proper storage area.

# YOUTH WEIGHT ROOM & TRACK POLICY

- Youth ages 12 and up can use the weight room and track area.
- Although the orientation is not required at this age, it is highly recommended.
- No youth younger than 12 years old can be in the weight room unless they are with a NSYMCA personal trainer