

GYM COURT SAFETY RULES

Food, gum, beverages, and glass items are prohibited (exception: water bottles)

Proper closed-toe athletic footwear required
(No sandals or floor marking shoes)

Scheduled events have priority in gym court

Return all rec sports equipment after use.

To prevent loss, damage or personal injury, do not wear jewelry during workouts.

Rec sports is not responsible for lost or stolen articles.

Lock all valuables in assigned lockers. Daily lockers are available outside the weight room.

Report all losses or injuries to the customer service desk.

Anyone found defacing or damaging gym court or equipment is subject to disciplinary action and will be held financially responsible.

If this room is in need of custodial services, please advise the rec sports staff.

LOCKER ROOM SAFETY RULES

Food, gum, beverages, and glass items are prohibited (exception: water bottles)

Do not stand on benches.

Running or horse playing is prohibited.

Throwing items is prohibited.

To prevent loss, damage or personal injury, do not wear jewelry during workouts.

Rec sports is not responsible for lost or stolen articles.

Lock all valuables in assigned lockers. Daily lockers are available outside the weight room.

Report all losses or injuries to the customer service desk.

Please pick up your litter.

Anyone found defacing or damaging this locker room is subject to disciplinary action and will be held financially responsible.

If this room is in need of custodial services, please advise the rec sports staff.

WEIGHT ROOM SAFETY RULES

Workout towel mandatory (available for check-out at the equipment checkout desk).

Food, gum, beverages, and glass items are prohibited (exception: water bottles).

Do not stand or jump on workout benches.

Spotters are strongly recommended for all lifts.

Must be 18 or >(exception: academically enrolled)

Closed-toe athletic shoes & attire required.

Safety clips required on free weight equipment.

Lock all valuables in designated areas. Daily lockers are available outside the weight room.

Weights and bars cannot be leaned against equipment, mirrors, walls, or pillars.

All equipment must be returned to its proper location after use & cannot leave the room.

If this room is in need of custodial services, please advise the rec sports staff.

CARDIO ROOM SAFETY RULES

Workout towel mandatory (available at equipment checkout desk).

45 minute time limit on machines.

Reset to normal settings after use.

Wipe down machine with towel or sanitary
Gym wipes after use.

Food, gum, beverages, and glass items are prohibited (exception:
water bottles).

Must be 18 or >(exception: academically enrolled)

Closed-toe athletic shoes & attire required

Lock all valuables in designated areas. Daily lockers are available
outside the weight room.

Report all losses or injuries to the customer service desk.

Anyone defacing or damaging equipment is subject to disciplinary
action.

If this room is in need of custodial services,
Please advise the rec. Sports staff.

AEROBIC ROOM SAFETY RULES

Wipe down equipment with towel or sanitary
Gym wipes after use.

Reset Kaiser Bikes to normal settings & return to proper storage
location after use.

Return all aerobic equipment to its proper storage after use &
neatly arrange.

Food, gum, beverages, and glass items are prohibited (exception:
water bottles).

Must be 18 or >(exception: academically enrolled)

Proper athletic attire required (dress code
Policy can be picked up at customer service desk).

Lock all valuables in designated areas. Daily lockers are available
outside the weight room.

Report all losses or injuries to the customer service desk.

No outside personal training allowed.

Anyone defacing or damaging equipment is subject to disciplinary
action.

If this room is in need of custodial services,
Please advise the rec sports staff.

EQUIPMENT CHECKOUT LIST

THE FOLLOWING ITEMS CAN BE CHECKED OUT WITH YOUR TAMU I.D.
ITEMS LOST, STOLEN, OR RETURNED DAMAGED WILL REQUIRE PAYMENT.

	ITEM	VALUE
1.	SHOWER TOWEL	\$6.00
	WORKOUT TOWEL	\$3.00
2.	OUTDOOR SOCCER BALL	\$15.00
	INDOOR SOCCER BALL	\$10.00
3.	BASKETBALL	\$50.00
4.	PING PONG PADDLES	\$5.00
5.	AIR HOCKEY PUCK AND STRIKER	\$5.00
6.	VOLLEYBALL	\$20.00
7.	FOOTBALL	\$30.00
8.	BOARD GAMES	\$10.00
9.	BADMINTON RACQUET	\$15.00
10.	JUMP ROPES	\$5.00

THE FOLLOWING ITEMS MUST BE PURCHASED FOR USE

	ITEM	VALUE
1.	BADMINTON BIRDIE/SHUTTLECOCK	\$1.00
2.	PING PONG BALLS	\$0.25
3.	STEREO HEADPHONES	\$3.00