

CONCORDIA WALZ WEIGHT ROOM POLICIES

Use of the Concordia weight room is a privilege available to Concordia undergraduate students, Concordia faculty, staff, Chartwells, and Aramark employees who present a valid university ID card. Immediate family members of employees (ages 15+) may also use the facility with a valid university ID card. Users will enter the weight room through the main double doors, show their Concordia ID, and sign in at the front desk.

Individuals will be permitted to use the weight room only during official hours of operation when supervision is present. Teams will be permitted to use facilities with supervision of coaches at hours other than official hours of operation.

Use of the facility may be restricted at certain times. A notice will be posted.

The north and south doors of the weight room shall serve as EXIT doors only. These doors are not to be used as an entrance, and under no circumstances should they be propped open. Users may enter and exit through the main double doors.

Appropriate attire must be worn at all times. No apparel of other conference schools may be worn.

- Shirts with a full front and back.
- Shorts should be free of zippers, buttons, etc. that could damage upholstery
- Athletic shoes only. No open-toed footwear.

Bags, personal items, and coats should be stored in the locker room. Small bags and jackets may be kept in the cubbyholes. Concordia and its staff are not responsible for lost or stolen items.

Food, glass, and open beverages are not allowed. Beverages must have a closable top.

Only authorized supervisors are allowed behind the check-in desk. Stereo, TV, and video operation will be controlled by the supervisors.

Please limit yourself to 30 minutes on the cardiovascular equipment when others are waiting.

Please be courteous and wipe down machines after use if necessary. Towels and cleaner are available for this purpose.

Please return all equipment to its proper place when you are finished.

Equipment is not to leave the weight room unless approved by the Director of Strength and Conditioning.

Report any issues with equipment or weight room-related injuries to the supervisor on duty immediately.

Contact the supervisor on duty if you require extra assistance because of a disability.

Supervisors are trained to answer questions regarding basic use of the equipment and can assist you as available, based on the number of other users at that time.

Misuse or abuse of the equipment will result in loss of privileges.

Loud or offensive language, horseplay, or any behavior that is viewed as disrespectful to other users or the facility will not be tolerated and will result in loss of privileges.

Alcohol, chewing tobacco, and illegal substances are not allowed on Concordia's campus.

Unauthorized personal training of individuals or groups is strictly prohibited.

Supervisors have authority over weight room conduct and use of the equipment and may expel a user from the weight room for failure to follow the policies of the Concordia weight room.