Lied Recreation Athletic 3rd Floor Fitness Center Policies

Recreation Services welcomes you to the Lied Recreation Athletic Center. In an effort to ensure a safe and enjoyable experience for our patrons, your observance of the following LRAC rules is appreciated.

• Please be aware that participation in all Recreation Services programs is voluntary, and use of these facilities involves a level of risk. Participants are encouraged to have a physical examination prior to participating in any activity and maintain their own medical and health coverage.

• Spirited participation is encouraged, however; please refrain from inappropriate behavior and the use of profanity.

• All Lied Recreation Athletic Center patrons are expected to be responsible, courteous and safety conscious at all times.

• Participants must be 18 years of age or older and must provide proof of age upon request. Individuals under the age of 18 (who are not current ISU students) are only permitted in the building during Athletic Department sponsored events and certain specified special events. All participants must show one of the following for entry into the facility:
  - Students: valid, current ISU card
  - Patrons: ISU card and/or current user card
  - Student Athletes: valid, current ISU card
  - Guests: proof of eligibility or sponsor to purchase a daily guest pass

• Patrons may be billed for late, damaged or lost equipment. Removing equipment from the facility is not permitted.

• Appropriate, clean, closed toe, non-marking, athletic shoes and attire are required in all activity areas.

• Shirts that cover the entire back and shoulders must be worn to keep equipment clean and dry.

• Weights and weight stacks are not to be slammed or dropped.

• Return all equipment to proper storage location after use.

• Gym chalk is not permitted.

• Spotters are encouraged at all lifting stations.

• There is a two minute limit at weight stations when others are waiting.

• Use collars with all bars in free weight lifting stations.

• Cardio Machines- Limit workouts to 30 minutes if people are waiting.

• Only non-alcoholic beverages in closed, resealable plastic containers are allowed in activity areas. Food must be contained to the lounge area unless permitted otherwise.

• Tobacco and gum are prohibited.

• All patrons may use day-use lockers, but contents and locks must be removed on a daily basis. Locks will be cut and lockers will be cleared at the end of each day. Patrons should report missing items to the respective facility supervisor as soon as the items are noticed missing. Recreation Services is not responsible for lost or stolen items.

• Violations of LRAC rules, Recreation Services program policies, or ISU student conduct policies, may lead to removal from the facility and loss of privileges. This includes use of false identification.