



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Be healthy. Be safe.

Fitness Center Etiquette

Please adhere to the following rules to assure a pleasant workout experience .

Our Members/Students are welcome to use SMAC only during posted operating hours and must swipe in and enter SMAC via their membership card or student roster. Allowing others to enter not permitted.

Attire

- Proper athletic attire is required. Shirts must be worn at all times.
- Abrasive materials (denim, zippers, buttons, rivets) can damage equipment pads and are prohibited.
- Closed toe/heel athletic shoes are required. Socks and/or sandals are not acceptable.

Hygiene

- Wipe-down equipment after each use.
- We recommend placing a towel on benches and seated cardio equipment during workouts.
- Be aware of personal body odor. Refrain from using colognes or perfumed lotions that may be troublesome to others. Launder workout clothes frequently.

Safety

- Report defective equipment to Fitness Center Staff immediately.
- Read all instructions before operating equipment. If you are not familiar with equipment, ask Fitness Staff for assistance.
- Check to ensure equipment seats are secured and pins are properly inserted.
- You are responsible to ensure a spotter is present during heavy and strenuous lifting.
- Do not jerk, bounce or slam weights. Collars are recommended when using free weights. Chalk is not allowed.
- Weights, plates and dumbbells may not be left on the floor or leaned against walls, mirrors or machines at any time. Re-rack weights after use.
- Chalk is not permitted
- Advanced weight room workouts are at your own risk.
- Private training is not allowed unless instructed by authorized Personal Trainers.
- Bags, of any kind, are not permitted in workout areas.

Courtesy

- Cell phones are only permitted in main lobby area. Cell phones are prohibited in locker rooms.
- Be respectful of other members. Please refrain from loud talking, profanity, sing-alongs on your personal stereos, dropping dumbbells, loud grunts, etc.
- Inappropriate behavior that adversely affects others will be handled at the discretion of Fitness Center Management.
- Food and beverages are not allowed in the Fitness Center. Water is permitted in containers with closable tops.
- When doing multiple sets, allow others to work in. Do not tie-up equipment by resting on it between sets.
- Please Adhere to the 30 minute time limit on cardiovascular equipment when others are waiting. Do not hover around machines as it distracts others working out.
- Be on time for scheduled classes. Late arrival is inconsiderate to the instructor and other participants, and is unsafe