



# **GYM RULES & ETIQUETTE**

## **GYM USE FOR THOSE 14 YEARS OF AGE AND OLDER**

*(\*Scheduled youth trainings may be under the supervision of YMCA Coaching staff)*

- CLOSED TOED SHOES ONLY (NO SANDALS)
- DEMONSTRATE SAFE PRACTICES WHEN USING EQUIPMENT
  - DO NOT DROP OR SLAM WEIGHTS
  - PUT BACK ALL WEIGHTS/EQUIPMENT AFTER USE
  - PLEASE CLEAN EQUIPMENT AFTER USE
- MONKEY BAR USE MUST BE MONITORED BY YMCA COACHING STAFF
- BE AWARE OF RESERVED GROUP TRAININGS ON THE GYM FLOOR

*(\*Please ask our Coaching staff how you can join.)*

**Anyone participating in open gym use, group classes, strength & conditioning/sports performance or any function within The Scheu Family YMCA, assumes that there are inherent risks involved with your participation.**

**For your safety and the safety of others, we thank you for observing The Scheu Family YMCA of Upland gym rules & etiquette.**