



**Washburn University**  
**Student Recreation & Wellness Center**  
**Fitness Loft & Multipurpose Rates**

**Fitness Loft Policies**

1. Patrons should use extreme caution when lifting weights to avoid potential injury to themselves or others.
2. Spotters and safety standards are strongly recommended for free weight lifting exercises.
3. Dumbbells, weight plates, and other equipment cannot be dropped to the floor, stood on, placed on upholstery, or leaned against walls, railings, equipment, or mirrors. SRWC staff members have the right to determine what is considered "dropping"
4. All free weight equipment must be kept in the free weight area, dumbbells must be kept in the dumbbell area unless approved by Staff. SRWC Fitness Trainers do have the ability to utilize dumbbells outside of the designated dumbbell area with their clients.
5. Ground-based barbell Olympic style lifting (i.e. snatch, clean and jerk and derivatives) are not allowed at the Rec. Hang Cleans, Power Cleans and Deadlifts can only be done on the designated platforms. Weight MUST be lower down with control upon completion of a lift and can't be dropped (letting go of the bar from waist, shoulder, or overhead height).
6. Weights and bars of any kind cannot be leaned against the wall, pillars, equipment, or mirrors.
7. Collars should be used on all bars when loaded with weight plates regardless of the total weight amount loaded onto the bar (SMITH MACHINE is the exception to this rule, it does not need collars).
8. No kicking, bouncing, or throwing balls of any kind.
9. Proper athletic attire must be worn at all times. Closed-toed shoes are the only footwear allowed in the Fitness Loft. Pants or shorts with rivets are not allowed on the strength equipment upholstery.
10. No food allowed in the fitness loft. Drinks should be kept in screw top, sealed containers.
11. Weight belts that may damage equipment upholstery must be removed or covered appropriately.
12. To avoid congestion and waiting lines, patrons should allow others to "work in" between sets while using strength training equipment.
13. All equipment must be returned to its proper location after use.
14. All equipment should be wiped down/ sprayed down by patrons after usage with cleaning supplies provided.
15. Profanity, excessively loud or suggestive language will not be tolerated.
16. No audible or amplified music through personal devices is allowed in fitness loft.
17. Only SRWC Fitness Trainers are allowed to train clients in the Student Recreation & Wellness Center. Individuals, who are not SRWC Personal Trainers, who are found to be personal training in any of the SRWC facilities will be asked to stop. Upon second infraction individuals will be banned from utilizing the facilities for a period of time to be determined based on the severity or number of infractions. This does not include training with a partner and teaching them how to exercise. All individual must be exercising.
18. All equipment must remain in the Fitness Loft. Only SRWC Fitness Trainers and members of the SRWC staff can take specific equipment outside of the Fitness Loft for use in other areas.
19. SRWC staff members have the authority to request that any patron who violates any of our facility policies, including but not limited to, those documented above, leave the facility if the staff member deems it is necessary. This may also result in the patron being banned from utilizing our facilities.
20. Please direct all concerns and maintenance needs to a member of the Fitness Loft staff.

## **Jogging Track Policy**

The jogging direction will be rotated daily. Please follow the posted direction.

1. The inside lane is for walking and the two outside lanes for joggers and faster moving participants.
2. Faster joggers or walkers should move to the outside.
3. Slower members should move to the inside lane.
4. Stretching is allowed in designated locations only.
5. For all members safety, no loitering is allowed on the track surface.

Note: Failure to follow the rules may result in immediate loss of fitness loft privileges.

## **Multipurpose Room (MPR) Policies**

1. Proper athletic attire and closed-toed shoes must be worn at all times. The ONLY exception is removing shoes during fitness classes like yoga, stretching sessions, fitness assessments.
2. Patrons should use caution when lifting weights to avoid potential injury to themselves or others.
3. Dumbbells, weight plates, and other equipment cannot be dropped to the floor, stood on, placed on upholstery, or leaned against walls, railings, equipment, or mirrors. SRWC staff members have the right to determine what is considered "dropping"
4. Weights and bars of any kind cannot be leaned against the wall or mirrors.
5. MedBalls can be slammed on the ground or thrown to a partner during exercise. No kicking balls of any kind and should be kept away from mirrors and windows at all times.
6. Weight belts that may damage equipment upholstery must be removed or covered appropriately.
7. All equipment must be returned to its proper location after use.
8. All equipment should be wiped down/ sprayed down by patrons after usage with cleaning supplies provided in the Multipurpose Room.
9. Profanity, excessively loud or suggestive language will not be tolerated.
10. Only SRWC Fitness Trainers are allowed to train clients in the Student Recreation & Wellness Center. Individuals, who are not SRWC Fitness Trainers, who are found to be personal training in any of the SRWC facilities will be banned from utilizing the facilities for a period of time to be determined based on the severity or number of infractions. This does not include training with a partner and teaching them how to exercise. All individual must be exercising.
11. No food allowed in the MPR. Drinks should be kept in screw top, sealed containers.
12. SRWC Group Fitness classes take priority of the Multipurpose Room during scheduled class times. Patrons do not have access to the MPR unless participating in the class. The Fitness Trainer has the authority to request individuals not attending the class to leave the room during class time and 15 minutes before and after the class start and end time.
13. Class times may vary during breaks and interims. Please check at the SRWC front desk, WU Rec app or website for modified scheduling information. Class times are subject to change.
14. All equipment must remain in the MPR. Only SRWC Fitness Trainers and members of the SRWC staff can take specific equipment outside of the MPR for use in other areas.
15. SRWC staff members have the authority to request that any patron who violates any of our facility policies, including but not limited to, those documented above, leave the facility if the staff member deems it is necessary. This may also result in f patron being banned from utilizing our facilities.
16. Please direct all concerns and maintenance needs to a member of the SRWC staff.