

Sparks Fitness Center Rules & Policies

1. Valid Willamette ID (or Sparks User Pass) is required for use of the fitness center.
2. Only small gym bags are allowed on the gym floor. No backpacks or other personal items/storage are permitted. All personal belongings should be placed in a cubby or a locker.
3. Water is the ONLY permitted drink in the fitness center and MPR's, and may not be in a glass container. No other food, drinks, personal containers, or chewing gum are allowed.
4. Shirts, shorts or pants, and shoes must be worn at all times. Jeans, belts, and open toed shoes are prohibited. Shirts and tops that expose the torso such as sports bras and cut-off shirts with large arm holes are prohibited. Arm holes cannot hang lower than where the chest and stomach meet or where a heart rate monitor chest strap would sit.
5. Wipe down all equipment after use. Spray the towel first, then wipe down all touch points and upholstery.
6. Refrain from yelling, using profanity or offensive language, or producing other loud/distracting noises. This is at the discretion of the other individuals feeling included and welcomed in the space.
7. Please do not take personal phone calls while on the gym floor (ie. in the strength area, by the machines, in the MPR's, etc.). Restrict calls to the cubby areas.
8. Treadmills should be used for their intended purpose.
 - a. All movement should be done in a forward facing direction.
 - b. Do not attempt to use the treadmill while it is not turned on.
 - c. Do not use the treadmill at a lower speed than the pace you are creating.
 - d. Do not allow the belt to run freely.
9. Re-rack weights and return all other equipment and accessories to their proper locations. Barbell collars are expected to be returned to the basket.
10. Olympic bars and plates may only be dropped in the designated downstairs areas.
11. Teams (athletic and sport club), classes, groups, etc. exercising together cannot monopolize any section of the gym or equipment. This is at the discretion of other users feeling they have fair opportunity to utilize the space.
 - a. Cardio equipment must have at least 2 of same machine open.
 - b. Selectorized equipment circuits are allowed, but it must be clear that you will allow other patrons to cycle in as well.
 - c. At least two racks must remain open at all times.
 - d. If moving back and forth from the racks to other equipment, allow other patrons to work in while the rack is not in use.
12. Slamming or dropping machine weights or dumbbells is prohibited.
13. Olympic lifts (the clean & jerk, snatch, and all variants) may only use the Olympic plates.
14. All bars must remain within the racks and free weight area.
15. All plates must remain within the free weight area.
16. Patrons should not rest dumbbells or barbells on top of the upholstery padding. Weights should be placed on the ground between sets.
17. Do not remove any fitness equipment from its designated area.

18. Patrons must be a minimum age of 16 to use the fitness center
19. Ask staff members to assist if one does not know how to use the equipment properly.
20. Report any injury immediately to the Sparks Fitness Center staff.
21. Chalk may be checked out from the fitness center staff and is to be used only in the free weight area.
22. Report any equipment problem immediately to the Sparks Fitness Center staff.
23. Please be courteous to others in the fitness areas at all times. Share equipment and allow others to work-in between sets.
 - a. Do not monopolize any equipment.
 - b. If an individual asks for a spotter, offer to help if you know the proper technique.
 - c. Wait to talk to others until they have finished their current activity.
24. All equipment should be used for its intended use. Please do not modify the use of the equipment.
25. Medicine balls may only be thrown against the designated throwing wall, and may only be slammed against the ground in the downstairs area.
26. Patrons may only utilize multi-purpose room equipment if the room is not in use by a scheduled program.
27. Individuals who would like to take pictures or video within the facility must respect the privacy and requests of other users.

*Violation of any specific fitness center rule may result in person or persons being asked to leave the facility. Repeated offense may result in temporary or even permanent expulsion from the facility.