



## **Bainbridge Island Recreation Center Fitness Area Etiquette**

### **Uphold Rules of Fitness Areas**

- Read rules and posted signs.
- Observe posted equipment instructions and warnings.

### **If you would like to use a piece of equipment someone is using:**

- Ask if you can "work in between their sets."
  - If they say no, be patient.
  - If they say yes, allow the other person to use the equipment after each set.
    - Try to set the apparatus adjustments back for the other person.
    - Assist with reloading or unloading weight.
- If someone begins exercising on an apparatus while you were resting between your sets:
  - You should say, "I only have X number of sets left on this machine; you may work in with me if you would like."

### **When you are using the equipment and others are waiting:**

- Allow others to work in between your sets.
- Do not rest on exercise equipment.
- On cardio equipment, abide by the time limit set (typically 30 minutes).
- Wipe equipment down after each set.

### **When you are finished with a piece of equipment:**

- Wipe equipment using a disinfectant.
- Do not leave used towels on or near the equipment.
- Put equipment away when you have completed an exercise.
  - Put weights in their designated place.
    - Do not mix plates on the same storage bar.
    - Place dumbbells in order on the rack.
  - Return benches, mats, and other equipment to their designated storage area.

### **Be aware of the exercise area.**

- Stay clear of areas that require space at or near a particular station.
- Do not exercise where others need to walk.
- Do not stand in front of the dumbbell rack.
- Before exercising in front of the mirror, check behind you to see if anyone else is using that mirror space.
- Keep personal items off equipment and areas where others need to walk.

### **Avoid making too much noise.**

- Consider that an exercise facility is a public place where many participants try to concentrate on performing their exercises.
- Do not use a cell phone for anything else other than music.
  - Take personal calls in the lobby or outside, including texting.
- Limit grunting, yelling, or cursing during exercise.
- Do not sing or whistle.
- Avoid dropping weights.
  - Learn techniques for raising and lowering weights.
  - Do not bang weight stacks on machines.
    - Tapping weight very lightly is acceptable.
- Use cardio equipment properly.
  - Do not slap your feet on the treadmill.
  - Do not bottom or top out on the stair climber.

### **Wear appropriate apparel.**

- Wear workout clothes and athletic shoes.
- Always abide by the dress code.

### **Practice hygiene.**

- Wipe machines off before and after use.
- Wash your hands to decrease the spread of germs after sneezing or coughing.

### **If you do not like the choice of what is showing on TV:**

- Ask others working out if they would mind if you requested a change.

### **At water fountain or cooler:**

- If you are filling a water bottle, allow others behind you to use a water fountain and finish filling up your container after drinking.