

# Gym Guidelines

1. Rack the Weights when you are done using them.

*Remove weights from the bar when you are finished with them and put them back where you took them from in a proper order. e.g. Heavier plates go on the inside and lighter plates go on the outside.*

2. Wear appropriate clothing for exercise.

*Clean shoes must be worn at all times in the gym. Please wear shoes that have clean soles and that you do not wear outside the gym. If you make a mess please clean it up. Proper clothing must be worn at all times, for example, one must not work out in jeans. Wearing sweatpants (or shorts) and a t-shirt is OK.*

3. Bars belong to the corner, as well as the incline bench.

4. Wipe down Benches and Bars when you are finished using them.

*Wipe benches off if you sweat all over them. You are strongly encouraged to put a towel on a bench. You don't want to lie in other peoples' sweat so extend them the same courtesy.*

5. If it is not your time slot to use the Gym and it is occupied please ask nicely if you can join in.

*It is strongly discouraged to use the gym without booking it.*

6. Do not drop Weights.

*Unless this is absolutely required for safety reasons. However, in this case it is your responsibility, so you may be required to pay for any damaged equipment. The bottom line is – don't train alone, train with a training partner / use a spotter.*

7. During winter keep the doors and the windows shut.

*A warm gym temperature is necessary for exercising. A cooler gym will cause fast condensation on contact with cold air outside. This will make the equipment and the floor slippery, which may easily cause accidental injuries.*

8. Do not forget your possessions in the Gym.

*We do not provide security coverage and therefore we have no responsibility for anything being left and later found missing from the gym.*

9. Emergency phone number is 74444 (CERN Fire Brigade).  
*The phone is located on the top of the router box at the entrance.*

10. If you have questions concerning using the equipment, call 162288 (Andrey)

*Or better email [loginov \(at\) fnal \(dot\) gov](mailto:loginov@fnal.gov) and [jet \(at\) cern \(dot\) ch](mailto:jet@cern.ch)*

11. Do not take any equipment outside the gym.  
*Even for short periods of time.*

12. Respect others.

*Listen to what people ask you and cooperate whenever possible regardless of what they lift / how strong they are.*

13. Do not step over the bar.

*This is a sign of respect to the weight you are (or someone else is) lifting (and to powerlifting in general). This is also required for safety.*

14. Do not distract people during exercises - distraction is a danger!

*For example, do not talk during people's heavy sets, do not stand in front of a person doing sets. All questions can be asked when a person is resting between exercises.*

15. Arrange plates properly as shown on the pictures next to the weight racks.

*Do not leave weights on the bars when you are done - this damages the equipment and this is inconvenient for other members of the gym.*

16. People who disobey the guidelines will be treated appropriately.

*Your gym membership will be terminated without reimbursement.*

17. The gym is not a place for jokes.

*You can end up injuring yourself or others.*

18. No food or alcoholic drinks in the gym.

*Water, juice or energy/nutrition drinks are allowed.*

19. If you damage **any** piece of equipment please contact

[loginov \(at\) fnal \(dot\) gov](mailto:loginov@fnal.gov) and [jet \(at\) cern \(dot\) ch](mailto:jet@cern.ch)

*Failure to do so can result in suspending your gym membership*

20. The gym is under video surveillance.  
*For people and equipment safety purposes.*