

# - DO'S AND DON'TS -

## AT THE GYM



### VALID GYM MEMBERSHIP

Show your membership card at the front desk and scan to get past the Gym entrance gates



### STORE YOUR PERSONAL BELONGINGS

Leave your bags, coats and personal belongings in the lockers downstairs



### WEAR SPORTS CLOTHING + CLEAN SPORTS SHOES

Temporarily removal of shoes only for purpose of stretching/foam rolling or deadlifts/squats at the racks



### BRING AND USE YOUR OWN TOWEL

Hygiene for yourself and others. Place your towel over the padding of equipment. No sharing of one towel.



### FOODS AND DRINKS

- No food in the gym
- Only sealable water bottles. Cups, cans, or glass bottles are not allowed



### CARE FOR THE FACILITY AND EQUIPMENT

- Prevent direct contact of weights with the red floor. Use rubber tiles
- Do not drop dumbbells from a height
- Keep your shoes/feet off the walls and off the leather padding of equipment



### SOCIAL BEHAVIOR AND SHARING EQUIPMENT

- Be polite to fellow members and share equipment during busy hours
- Reserving multiple work stations for yourself at the same time is not allowed



### STORE TRAINING MATERIALS AFTER USE

Place weights and other materials back where they belong to keep the Gym safe and tidy



### CLEANING CARDIO EQUIPMENT

Wipe off your sweat with spray and a towel



### EXCESSIVE OR UNWANTED BEHAVIOR

- Aggressive or annoying behavior such as screaming, yelling, excessive grunting is not allowed
- Practice of martial arts or exercises that can offend others are not allowed (e.g. wrestling, boxing)



### RESPECT THE UM SPORTS STAFF

The staff is knowledgeable and responsible, listen to their advice.



### USE OF MOBILE PHONES

- Unnecessary long occupation of equipment because of phone use is not allowed
- Keep phone calls outside of the Gym not to disturb others present
- Pictures and filming: Respect other members privacy. It is NOT allowed to capture others without consent



### USE OF CHALK

Chalk is only allowed in liquid form and when necessary for barbell exercises at the racks. If you cause chalk marks on the floor or on equipment, clean after use.



Maastricht University

UM SPORTS