

Fitness Policies

- Participants must be 18 years of age.
- Athletic attire is required. No jeans or other inappropriate attire.
- Closed-toed athletic shoes are required.
- Towel required in all fitness spaces.
- Wipe equipment after use.
- Bags are not permitted. Personal belongings must be stored in a cubby or locker.
- Closed-top bottles (water only) are allowed. No food or gum.
- Do not move equipment from its location.
- Re-rack all plates, dumbbells, and attachments.
- Collars are required.
- Chalk or grip enhancing products are not permitted.
- Equipment must not be dropped from any height or leaned against walls, pillars, equipment, and mirrors.
- Olympic lifting and powerlifting must be performed on platforms.
- Powerlifting descents must be controlled to the floor.
- Bumper plates are required on the platforms. 2.5lb and 5lb metal plates are allowed.
- Only one person at a time on the platform. Lifting behind the platform is not permitted.
- Do not throw balls against walls, pillars, and mirrors.
- Handstand push-ups/holds on walls, pillars, and mirrors are not permitted.
- Spotters are recommended for all free weight exercises.
- Be courteous and allow people to work in between sets during peak hours.
- Observe a 30 minute time limit on cardiovascular machines during peak hours.
- Personal training can only be conducted by SRC personal trainers.
- Direct all concerns and maintenance issues to fitness attendants.
- Small equipment is available for checkout at the weight room desk. A UCR ID card is required.
- Follow all staff directions.
- Failure to follow these policies may result in loss of weight room privileges.

Functional Training Area Policies

SRC South-2nd Floor

- SRC personal trainers have priority of equipment in the functional training areas during sessions and programs.
- Ball throws, handstand push-ups/holds can be performed on the designated brick wall in the functional training area.