

# Weight Room Guidelines

## Guidelines are to be followed when using the weight room.

- Safe and proper use of equipment and space is required at all times.
- 30 minutes maximum on cardio equipment, including warm up and cool down.
- Allow other participants to “work-in” on a piece of equipment.
- Return weights and equipment after use.
- Use safety collars on bars.
- Use spotters when required.
- Avoid clanking and banging equipment.
- Refrain from grunting, swearing and using coarse language.
- Spray towel and wipe down machines after use.
- Appropriate clothing and sturdy closed toes shoes must be worn.
- Use a personal towel if needed.
- This is a scent free zone. Please avoid scented products.
- Store personal items in a locker or cubicle.
- An orientation is required for teens 13-15yrs and recommended for all.
- Services must be delivered by a Saanich Employee or Approved Contractor.
- No Recording – Use of image recording devices not permitted in weight room.



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