

# Weight Room Etiquette

*Please use courtesy and respect towards others to ensure a welcoming and inclusive environment for everyone.*

## COURTESY & RESPECT

*Saanich Recreation means welcoming places for everyone.*

- **Cell Phone Use**  
Refrain from using your cell phone while working out, including texting while resting on equipment between sets.
- **Respect Privacy**  
Use of image recording devices not permitted.
- **Please Use Positive Language** Refrain from grunting and using coarse language.

## SHARING SPACE

*A weight room is a shared space. Please be respectful and aware of your impact on others.*

- **Wipe Down Equipment After Use** Spray towel first and then wipe down machines.
- **Stick to Posted Time Limits** on all cardio machines. 30 minute maximum.
- **Locker Use** Store personal items in a locker or cubicle.

## SAFETY

*Safe and proper use of equipment & space is required at all times.*

- **Equipment** Put away all equipment after use.
- **Refrain** from dropping and banging equipment.
- **Use safety collars** on bars.
- **Report** injuries, damage to equipment or other concerns to staff.
- **Footwear** Sturdy closed toed shoes must be worn.
- **Orientations** required for teens 13-15 years and recommended for all.



SCENT FREE ZONE. PLEASE AVOID WEARING SCENTED PRODUCTS.



PARKS, RECREATION  
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