Solomon Blatt Weight Room Rules

Participants failing to adhere to the rules will be asked to leave the facility.

- **Book bags, valuables, and excess clothing need to be placed in the area provided.** Please use the lockers available in the Men’s and Women’s locker rooms when possible.
- **Spotters are required on the following lifts:** Bench Press, Military Press, Decline Bench, Incline Bench, and Heavy dumbbell exercises. Please provide your own spotter or ask for assistance from the weight room supervisor on duty.
- Users unfamiliar with the operation of any of the exercise machines or weight equipment should contact the supervisor on duty for assistance. **Use of equipment other than its designed function is prohibited.**
- **Do not drop weight plates or dumbbells.** Use a weight that you can control or have your spotter help you safely lower the weights.
- **Fitness towels** are provided to wipe sweat off the machines and weight benches; they **are not for personal use.** Appropriate attire for workout is required at all times. Bare feet, socks, sandals, and non-athletic shoes are not permitted. Shirts are required at all times.
- **Profanity or abusive behavior will not be tolerated.** Offenders will be asked to leave.
- Users should always inspect exercise equipment for loose, frayed or worn parts before use. If in doubt, do not use the equipment. **Report all equipment problems to a staff member.**
- **Please return all weights to the racks and spaces provided after use.** Weights left out are a safety hazard, as well as an inconvenience to other users of the weight room.
- **Personal radios are not permitted without headphones.** The supervisor will be in control of the radio provided and appropriate music will be played.
- **Children under age of 16 are not permitted in the weight activity area.**
- Use of weight room and exercise equipment is restricted to USC students, staff, alumni, spouses, and dependents (16 years or older) with family memberships.