

Olympic Strength Room Policies

- A qualified staff member must be on duty during room usage.
- Lifting capacity for the room is 9.
- Clipping the weight is required.
- Safety catches aren't places to rest or load the bar.
- The maximum number of bumpers should be used instead of nickel weights.
- The Olympic Strength Room attendant has the right to suggest a reduction in weight to ensure that the safety of the platform, patrons and room is maintained.
- Inappropriate conduct or refusal to follow rules/guidelines can result in dismissal from the Olympic Strength Room or suspension from the facility.
- Exercises pertaining to performing Olympic lifts and deadlifting are permitted. All other lifts should be performed in the main weight room.
- Chalk is provided by Campus Recreation for use in the Olympic Strength Room. Breaking/crumbling the block of chalk to make loose chalk is prohibited and could result in dismissal from the room or loss of room privileges. Outside chalk is not allowed in the facility.
- Missing is permitted but must be from eye level. Patron must maintain control of the bar. Throwing/slamming the bar and weights will be considered abuse of the equipment and is not permitted.
- Three patrons are allowed to use each platform. If space is limited, exclusive use of a rack is not permitted.
- Water bottles and other equipment are not allowed on the platform.
- Personal belongings, equipment and bags are not allowed in the Olympic Strength room. Locks can be checked out from the equipment room. Lockers are located in the main locker rooms.
- Plates must be re-racked at all times. Extra plates cannot be left on the floor.
- Movement behind, in front or along the side of a lifter during a lift is prohibited. Intentional distraction/horseplay is grounds for immediate removal.
- Headphones, music and talking on cellphones is not permitted. All attention should be focused on what is going on in the Olympic Strength room.
- The Olympic Strength Room attendant has the last say pertaining to safety issues.
- 5lb training plates cannot be dropped unless completely necessary. 10lb training plates cannot have more than 7.5lbs added. Another 10lb bumper should be used instead to prevent damage to the plates.

Questions/Comments:

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