



KREBS FAMILY FITNESS CENTER

USER GUIDELINES

- Krebs Family Fitness Center (KFFC) staff encourages patrons to workout at their own risk, with a partner, use equipment as designed, and/or use collars on free weight equipment.
- Appropriate workout attire (shorts/sweats, t-shirts, tennis shoes) is required at all times.
- Foul language, disrespectful/loud behavior, misuse/destruction/abuse of equipment is strictly prohibited and will not be tolerated. Offenders will be dealt with appropriately.
- Re-rack weight plates and dumbbells after individual use; wipe down equipment with KFFC cleaning solution.
- Strength training accessories not provided by KFFC must be approved by the Assistant Coordinator of Recreation Services/Fitness prior to usage within the facility. Chalk is permitted but must be kept in a sealed container.
- Limit your cardiovascular workout to 30 minutes on all pieces of equipment.
- Free weight equipment may not be removed from the KFFC at any time. All KFFC equipment must remain in designated areas.
- Children 12 years old and under are not permitted within the KFFC. Children 13 – 16 years old must be under direct parental supervision at all times while utilizing the KFFC.
- Instructions from the KFFC staff must be followed at all times. Failure to follow user guidelines or instructions from KFFC staff may result in the suspension of your privileges in the KFFC.
- Personal training is not permitted within the KFFC. Offenders will be dealt with appropriately.
- For assistance or to report facility problems, please contact the Assistant Coordinator of Recreation Services/Fitness, KFFC staff or a Facility Monitor.
- KFFC utilizes video monitoring for the safety of our patrons and security of our equipment.

USER ETIQUETTE

- Allow users to work in between sets
- Re-rack weights when finished
- Wipe down equipment before/after use
- Minimize use of artificial scents (i.e. cologne) before/during workout
- Minimize use of cell phones while using equipment

MAINTAINING YOUR FACILITY

- Food, drinks, tobacco and/or alcohol substances are not permitted within the KFFC.
- KFFC users are encouraged to use workout towels. Towels are available for check-out at the Men's Equipment Room with a Bucknell ID.
- Users are encouraged to leave personal belongings at home. Bucknell is not responsible for items left unattended. Users may place bags, coats, shoes, personal equipment in the designated areas (cubby holes on ground floor or locker rooms).
- Lost & Found Items are located at the Facility Monitor's desk.