

UNIVERSITY OF NORTH GEORGIA  
Lakers Society  
Patron Policies

1. Patrons are responsible for following all policies, rules and regulations posted in the Fitness Center.
2. Only current members (students, employees, immediate family dependents & Laker Society) of the Fitness Center are allowed in the Fitness Center. **No one under the age of 16 (except a UNG student) will be allowed in the Fitness Center under any circumstances.**
3. The staff shall monitor overall room conduct and use of equipment (including sound system).
4. Patrons are responsible for ALL valuable and personal items. Patrons must provide their own lock for use in securing items in dressing room lockers. Locks MUST be removed after each use and cannot be left overnight.
5. The Fitness Center staff cannot be held responsible for lost or stolen property.
6. No food or drinks without lids are allowed in the Fitness Center, No drinks in glass containers are allowed, only plastic bottles with lids.
7. Use of personal stereos without headphones is not allowed in the Fitness Center.
8. Proper training attire is required. NO STREET CLOTHES. No jeans, jeans shorts or marking sole shoes allowed. Shirts and closed-toed shoes must be worn at all times. Apparel changes should be restricted to locker room facilities. NO FLIP-FLOPS!
9. All patrons must use a clean towel and wipe off benches and pads after use.
10. Medical check-up and approval before participation is recommended for men over 40, women over 50 and persons with any potentially limiting physical condition (pregnancy, back or heart problems, diabetes, etc.)
11. All bars, weights, and dumbbells must be returned to the proper plate holders or rack after use.
12. Slamming or dropping weight stacks or free weights is prohibited.
13. No equipment shall leave the weight room at any time.
14. Spotters must be utilized when and where necessary according to the posted policy.
15. Weight clips are mandatory at all times.
16. Belt use is recommended when attempting heavy lifts.
17. Immediately report any Fitness Center related injury or facility/equipment irregularity to the staff on duty.
18. Please ask for assistance in using equipment with which you are not familiar.
19. Time is limited to 30 minutes on all cardiovascular equipment when someone is waiting.
20. Follow appropriate Fitness Center safety and etiquette practices, demonstrating courtesy toward others in the room at all times.

**To be added to the email distribution list for facility closings,  
please email a request to [Marcy.DiMaggio-Smith@ung.edu](mailto:Marcy.DiMaggio-Smith@ung.edu)**