



# FREE WEIGHT SAFETY RULES

These rules are in place to provide you and other YMCA members a safe, healthy and clean environment. Thank you for your cooperation.

## **The following rules apply to everyone:**

- Use safety stops if installed on machines
- Use collars on all bars
- Use spotters (this may include a staff member) on heavy lifts
- Do not place dumbbells on the benches or machines
- Do not drop weights on the floor
- Youth 11 – 14 years old must be accompanied by a parent when using free weights

Please allow other members to work between your sets – do not “park” on equipment.

Remember to re-rack and return weights and all accessories to their proper locations once your workout is complete.