



LOMA LINDA UNIVERSITY

Drayson Center

Loma Linda University Drayson Center Facility Rules and Regulations

Weight and Cardio Room Policies (4/19/19)

- ✓ Members must be 18 years or older to use any weight or cardio equipment.
- ✓ Towels are required for entry and use of any exercise equipment.
- ✓ The use of stretching machines is limited to 10 minutes.
- ✓ The use of cardio machines is limited to 30 minutes.
- ✓ Use of chalk or any other powders is not permitted.
- ✓ Please do not remove any permanent or temporary signage from machines.
- ✓ All cardio and weight equipment must remain in the respective areas.
- ✓ Immediately report injuries and/or malfunctioning equipment to a weight room attendant or the Service Desk.
- ✓ Gym bags and other personal items must be safely stored in a locker or designated area. These items are not to be kept in places where they may provide a safety hazard for others, such as next to or hanging on weight or cardio machines.
- ✓ Please wear proper workout clothing to enhance your exercise and avoid injury. Jeans and other restrictive clothing are prohibited as workout attire.
- ✓ Scrubs are not allowed in the weight and cardio rooms for public health reasons.
- ✓ Drayson Center staff members have the final say in the interpretation and enforcement of all policies.