

NEXT LEVEL

SPORTS PERFORMANCE

FACILITY RULES

1. CLOTHING

- **T-SHIRT OR TANK TOPS ARE REQUIRED ALONG WITH LOOSE FITTING PANTS/SHORTS THAT ARE EASY TO MOVE IN**
- **BOYS – MUST WEAR A SHIRT AT ALL TIMES**
- **GIRLS – PLEASE NO SPORTS BRAS**

2. SHOES

- **APPROPRIATE TRAINING SHOES ARE REQUIRED IN THE GYM (NO SANDALS, CROCS, OR OTHER OPEN TOED SHOES)**

3. BE AWARE OF SURROUNDINGS

- **WE HAVE A LOT GOING ON IN HERE! BE CAUTIOUS AND COURTEOUS OF OTHERS AS TO NOT INJURE YOURSELF OR OTHERS**

4. ASK FOR HELP WHEN NEEDED

- **ASK FOR A SPOTTER, TECHNIQUE CHECK, OR HOW TO USE EQUIPMENT PROPERLY, ETC.**

5. HELP TAKE CARE OF EQUIPMENT

- **ALWAYS USE COLLARS/CLIPS ON BARBELLS TO SECURE PLATES**
- **PICK UP EQUIPMENT AND RETURN TO PROPER PLACEMENT AFTER USE**
- **CLEAN EQUIPMENT AFTER USE AND PUT USED TOWELS IN LAUNDRY BIN**

6. IF YOU FEEL FAINT, LIGHT-HEADED, NAUSEOUS OR DIZZY YOU SHOULD IMMEDIATELY STOP AND ASK A TRAINER FOR HELP

7. A HELMET MUST ALWAYS BE WORN IN THE CAGE DURING FRONT TOSS

8. IF SOMETHING HURTS, MAKE AN APPOINTMENT WITH A DOCTOR TO GET IT CHECKED OUT AND CLEARED TO CONTINUE TO PARTICIPATE BEFORE CAUSING A LONG TERM OR CHRONIC INJURY

- **GIVE YOUR TRAINER A HEADS UP OF ANY EXISTING OR RECOVERING INJURY**

9. NO HORSEPLAY! LIFTING SHOULD BE TAKEN SERIOUSLY, KEEP EACH OTHER SAFE

10. CHECK YOUR EGO AT THE DOOR

- **PRIORITIZE YOUR FORM TO SEE REAL GAINS AND AVOID INJURY**