

nampa recreation center

Weight Room Etiquette

Must be age 15 to be in the weight room (even to watch). Picture ID may be required.

Ages 13 & 14 may gain access by successfully completing the NRC Youth Strength Training Course. Registration required.

Wear appropriate workout attire. Fully enclosed shoes & shirt required, athletic shoes preferred. No sandals, bathing suits or clothing that does not allow for evaporative cooling.

Unload weight bars & return all weights/accessories to their proper place. Place dumbbells on floor in-between sets, DO NOT rest them on benches.

Lower weights & weight plates gently. DO NOT drop weights.

For assistance with the equipment or to report safety concerns, talk with the trainer on duty.

Use equipment as intended; do not invent new uses for them.

Alternate equipment with others between sets; equipment not actively being used is available to other members. DO NOT rest on equipment.

Clean equipment and/or area after use.

Keep flow of traffic open between equipment & walkways.

Spotters & collars are highly recommended.

Be considerate of others: Use appropriate language & volume, wear headphones for personal music & take phone conversations outside of workout areas.

Limit use of perfumes & colognes.

Keep drinks in a closed, non-glass container. Food/candy/pop allowed in snack area only.

Keep metal buckles from weight belts away from upholstery.

Weight room equipment must stay in the weight room area unless pre-approved by trainer on duty.

Personal training is prohibited, except by Nampa Recreation Center Training Staff, for liability and professional reasons