FWC Membership Rules

You must be a member to use the facility.
Non-members will be asked to leave without exception. All members should have fingerprint or password access, so please do not allow anyone into the Free Weight Room unless you see their membership sticker. Your membership lasts from the day you sign up, until the end of August. After the P&S Club Fair, you are granted a two-week grace period before your membership expires and you will be deleted from the system. Should you bring any guests into the FWC, you are responsible for anything that happens. If you are found bringing non-members into the gym, your membership will be terminated and no refund will be given.

Please show respect for the facility and your fellow members.

1. **ALWAYS re-rack your weights after using them.**
2. **Return any equipment you move to its original position.**
3. Refrain from slamming weights on the floors, as they are not designed to withstand heavy impact. The Olympic platforms are designed to absorb shear force, so dropping weights is permitted there.
4. Do not use METAL weighted plates on the Olympic platforms; only rubber “bumper” plates are permitted on the platforms.
5. Treadmill and stationary bike use is limited to 30 minutes when other members are waiting.

**VIOLATION OF ANY OF THE ABOVE IS SUBJECT TO MEMBERSHIP SUSPENSION, AND TERMINATION OF MEMBERSHIP IS SUBJECT TO FWC OFFICER DISCRETION**

A/V Equipment Use
Priority for the TV station and music selection is on a first come, first serve basis. Please ask those around you before changing the music or TV channel. Please refrain from playing music at egregious volume levels, and be courteous to other users of the space. If your music is constantly bothering those around you, please use headphones.

Workout Safety Rules
NEVER lift heavy weights WITHOUT a spotter. You should not be lifting weights that you cannot control. Given the close proximity of equipment in the FWC, you put both yourself and others at risk for physical injury.

Fire Safety. In case of fire, remember RACE:
R- Rescue (ensure all members exit the facility)
A- Alarm (pull the nearest fire alarm pull station)
C- Confine (move all flammable materials from the immediate area)
E- Extinguish (use the provided extinguisher to put out the flames)

If you are a witness to any fire safety emergency, you must also contact Public Safety immediately: 212-305-7979 (for emergencies call 9-1-1). Also please report any concerns to the P&S Club Office at 212-304-7025 or to freeweightclub@columbia.edu.

Health and Safety. Clean up perspiration and chalk left on equipment using the sanitary wipes, and dispose of garbage properly. Shirts and closed-toe shoes must be worn at all times, and as scrubs present an infection risk, they are strictly forbidden as workout attire.

Space Management. No personal belongings are allowed to be stored overnight in the facility, and if you are the last to leave the facility, please turn off the stereo, TV, lights, fans, and air conditioner, and be sure the doors are all completely closed.

Please be courteous to other members. Anyone whose actions are repeatedly reported or observed to be inconsiderate, rude, or in direct violation of any of the aforementioned rules or university policies, will have their membership terminated immediately without refund.

Updated as of 05/15/15