

# How To Be a Good Universal Athletic Club Member



The idea behind being a good member is the same as being a good citizen. It's about more than just you. It's about being aware of others and all of us being respectful of the impact we have on each other. Thank you for following these guidelines to make UAC a safe and enjoyable place for everyone!

- **Put stuff back where it belongs**

Weights, bands, bars, plates, foam rollers, medicine balls...you know the drill. A place for everything, and everything in its place.



- **Wipe down equipment after using it**

Make sure equipment is clean for the next member to use. It's courteous and helps prevent the spread of germs.



- **Don't drop weights**

ANY weights. Dead lifts, cleans, heavy dumbbells, it doesn't matter. Don't drop weights.

- **Don't be a trip hazard**

If you bring workout gear (belts, bags, gloves, etc.) make sure they are set out of the way of foot traffic.

- **Have a small footprint**

Be aware of the space you are using so you don't block others from using or putting away equipment.



- **Keep your private conversations private**

Phone conversations by their very nature are private. If you need to take a call please find an area that won't be disruptive to others.



- **No homesteading**

Equipment is for exercise not reading, resting, texting, phone calls, sleeping, etc. Don't occupy equipment for long periods of time and always allow others to work in.

- **Don't stink**

Use deodorant, keep workout gear clean and please refrain from wearing strong perfume or cologne.



- **Save a life**

Drive slowly in the parking lot, and watch out for pedestrians at all times.