

SOUTHSIDE

WEIGHTLIFTING CLUB
EST. 2021

GYM ETIQUETTE

- Always be courteous and respectful of others
- Be on time, dress for success & Be coachable
- Leave the coaching to the Coaches
- Return weights to rack after use
- Respect our Equipment & Facility
- Chalk stays in the bucket
- Use a spotter when lifting. NO EXCEPTIONS
- Put your valuables in the pigeonholes
- Bring a towel / wipe down equipment
- Stay out of a lifter's line of sight
- Have your program ready before class
- Spend less time on your phone
- Have FUN!

#SSWC