

Lee Lohman Arena Facilities Guidelines

This facility is to be used by all St. Ambrose University students, faculty/staff, Ambrose Club and fitness members. Please observe and take note of the following new facilities guidelines.

1. One must show faculty/staff, fitness center, Ambrose Club or student ID for confirmation of liability to enter the Lee Lohman Arena facilities. Please enter the two southwest doors to enter the facility.
2. **RETURN ALL YOUR WEIGHTS, BARS, DUMBBELLS, and EQUIPMENT TO THEIR APPROPRIATE PLACE. EQUIPMENT IS NOT TO BE LEFT ON THE MACHINES OR ON THE FLOOR.**
3. **THERE IS A (30-MINUTE) TIME LIMIT ON ALL CARDIOVASCULAR EQUIPMENT.**
4. **ATHLETIC SHOES ONLY, NO SANDALS!**
5. **Please wipe down the equipment after each use with the provided supplies.**
6. **Respect** for the facility and equipment **MUST** be demonstrated at all times.
7. You must be 16 or older to use the weight room and cardiovascular room.
8. **DO NOT DROP** weights, bars, or dumbbells on the floor.
9. **NO** street clothes or work clothes will be permitted. This includes jeans and jean shorts, dress and khaki pants, dress shirts and blouses, skirts, or dresses.
ATHLETIC CLOTHES ONLY!
10. **NO EQUIPMENT** shall leave the facility or be altered at any time or in any way.
11. Please help out and keep the weight room clean and respectful.

ANYONE WITH SUGGESTIONS/COMMENTS/IDEAS, PLEASE CONTACT Tony Huntley @ x6478 OR EMAIL HuntleyTonyL@sau.edu. Offices hours for these concerns are 9:30-11:30 am Monday – Friday.

ANY ABUSE OF THESE POLICIES & PROCEDURES MAY RESULT IN IMMEDIATE DISMISSAL FROM THE FACILITY AS WELL AS THE CLOSURE OF THE FACILITY.