

## **METU FITNESS COURTS' RULES**

1. Users can enter the Gym with sports clothes and clean sports shoes, leaving their sports bags in their lockers. It is strictly forbidden to enter the hall with unclean sneakers, casual clothes and bags.
2. Food is not allowed; drinks can be used in plastic containers and will not spill on the hall floor.
3. For hygiene reasons, a towel should be spread when using machines and stands. It is mandatory for every user to bring a towel and use it during sports. We also recommend that you bring a spare t-shirt with you.
4. Use of cardio machines is limited to 20 minutes.
5. Used dumbbells, plates and bars should be put back in their places. Machines and bars used with plates should be emptied after use.
6. It is forbidden to wear shoes in the cushioned halls. You can train with socks.
7. The use of magnesium powder etc. in machines and bars is prohibited.
8. Ask for help from a fitness consultant when using machines that you are not familiar with.
9. The fitness consultant is responsible for the operation of the gym. Take into account the necessary warnings.
  - a. Appropriate sportswear (tracksuit, t-shirt, sneakers)
  - b. Hygiene (towel)
  - c. living room layout
  - d. Behaviors that may disturb other users, etc.
10. Use showers, toilets and changing rooms in a clean manner that does not disturb other users.
11. It would be a good idea to do the necessary warm-up and stretching exercises to protect yourself from injuries.
12. Do not come to the fitness center drunk, too full or too hungry.
13. Be sure to consume fluids between sets to prevent your performance and metabolism from being negatively affected.
14. Be sure to convey any requests, requests, complaints, etc. to the METU Sports Directorate, the hall manager or the fitness center manager.