

# **METU SPORTS DIRECTORATE**

## **FITNESS COURTS RULES**

### **BARRACKS SPORTS HALL & SPORT CENTER**

1. In both of our halls, student use is free and staff use is 5 TL. Due to the pandemic conditions, it is currently unavailable for graduates and guests to use our fitness centers.
2. Users can enter the Gyms by leaving their sports bags in their lockers, with sports clothes and clean sports shoes. It is strictly forbidden to enter the hall with unclean sports shoes, daily clothes and bags.
3. It is not allowed to enter with food, and drinks can be used in plastic containers and not spilled on the hall floor.
4. It is not obligatory to wear masks in sports fields.
5. It is used by laying towels while using machines and coffee tables in terms of hygiene, it is obligatory for every user to bring a towel and use it during sports. It would be good to come with a spare t-shirt with you.
6. Use of cardio machines is limited to 20 minutes.
7. Used dumbbells, plates and bars should be put back in their places. The stands, machines and bars used with the plate should be emptied after use.
8. The use of magnesium powder, etc., in machines and bars is prohibited.
9. Ask the fitness center consultant for help while using the machines that you have no knowledge of.
10. The fitness center consultant is responsible for the operation of the facility. Pay attention to the necessary warnings.
  - a. Appropriate sportswear (sweatpants, t-shirts, sneakers)
  - b. Hygiene (towel, etc.)
  - c. Living room layout
  - d. Behaviors that may annoy other users, etc.
11. Use the shower, toilet and changing rooms cleanly and in a way that does not disturb other users.

12. Due to the Covid-19 pandemic, the distance between the machinery and equipment used has been extended, and the number of users has been limited. However, our users are obliged to act more carefully in order to apply the social / physical distance rules and protect both themselves and other participants.
13. It is very important for your health to do the necessary warm-up and stretching movements to protect yourself from injuries.
14. Do not come to the fitness center intoxicated, overly full or very hungry.
15. Always drink fluids between sets so that your performance and metabolism are not adversely affected.
16. Be sure to convey your thoughts, requests, complaints, etc. to the salon supervisor or the fitness room manager.