



STUDENT-ATHLETE GUIDELINES

EXPECTATIONS

- No student-athlete is allowed to be in the Sports Performance Centers without a Sports Performance Coach present.
- Student-athletes are expected to be on time for their scheduled training and can be dismissed due to tardiness.
- Always dress in weight room appropriate attire.
 - Colorado team issued geared or prior approved athletic weight room gear (shirt, athletic shorts, shoes.).
 - Shirts, shorts, and shoes must be worn at all times in the weight room.
- Food and drinks are not allowed on the weight room floor. No chewing gum allowed.
- Food products, cups, or other items used in the Nutrition Bar must be thrown away, cleaned and/or put back in the proper location.
- Tobacco, drugs, or alcohol products are not allowed in the weight room.
- No spitting on the floor or in the water fountain.
- No cell phone use on the weight room floor.
- The use of headphones is only permitted while on the cardio equipment. No headphones are allowed during a training session (individual or with a team).
- Profanity or horseplay will not be tolerated.
- All weights and equipment must be returned to their proper location and racks reset to facility standards.
- Cardio equipment needs to be wiped down and cleaned after use.
- Use of collars is required for all free weights.
- Spotters need to be present for all free weight lifts and used when applicable.
- Do not take equipment out of the weight room.
- Report all accidents and equipment malfunctions to a Sports Performance Coach.
- No sitting, leaning on racks or equipment. Machines are not to be used as a hanger for clothes.
- Music will be played when a Sports Performance Coach has permitted. Music must be edited (free of profanity). The Sports Performance Coach has the right to terminate music at any time. Athletes cannot control music at anytime.
- Sports Performance staff is not responsible for any lost or stolen items.
- University of Colorado Sports Performance staff has the right to refuse service to any participant who violates any policy and procedure, or engages in any verbal and/or physical abuse of staff or participants.

SPORTS PERFORMANCE CENTER IS DEDICATED TO PROVIDING THE BEST SERVICE TO STUDENT-ATHLETES AS POSSIBLE. BEFORE PARTICIPATION, ALL STUDENT-ATHLETES NEED TO RECEIVE A PHYSICAL EXAM AND BE CLEARED FOR PARTICIPATION IN THEIR SPORT.