

# ACADEMY HEALTH CLUB ADAPTED CODE OF CONDUCT

## EXPECTATIONS OF AN EXCELLENT ACADEMY GYM HEALTH CLUB MEMBER

*Listed below are the top 20 irritations for gym users around the world!  
Please familiarize yourself with them in order to make our  
Academy Health Club a Happy, Healthful facility!*

1. Please don't talk at full volume into a phone whilst in the gym, as you're interrupting the concentration of people trying to work out. Leave the phone at home, or turn the ringer to "vibrate" and tell callers you'll get back to them.
2. Try not to drop weights on the floor. The noise is startling, and the weight could bounce or roll and harm someone.
3. Put equipment back where it belongs. It's aggravating to try to find the right dumbbell when it isn't in the rack. It's even more aggravating to trip over a dumbbell that was left on the floor.
4. If someone is using the mirror to observe training form, try not to block their view when you pick up or return weights.
5. Don't "take over" a machine you aren't currently using by relaxing on it or putting your things on it.
6. Wear clothes that cover your body. Keep your shirt on, no matter how warm you are or how pumped you feel. If you need to admire your gleaming muscles in a mirror, do it at home or in the shower room!
7. Wipe off benches and machines after you use them. There's nothing worse than sitting in another person's sweat.
8. If you make a mess in the locker room, please clean it up. Don't leave puddles of water in or around the sink, piles of paper towels on the floor, or your clothes all over the bench while you're showering.
9. Dry yourself off inside the shower stall. Nobody wants to walk through pools of water that dripped from your body.
10. If you have to blow your nose, go into the locker room, use a tissue, and then wash your hands. Germy equipment is one reason illnesses spread so fast in health clubs.
11. Don't go to the gym when you know you have an illness. Other people don't want to catch your cold!
12. The vast majority of guys realize that used tissues and Band-Aids must go straight into the trash can. For the few who don't –eew!
13. If you didn't shower after your last workout, make sure you shower before your next one. Please.
14. Speaking of which, be smell-conscious. Heavy colognes can be irritating, and some people can be allergic to them. Don't disperse personal-care products into the locker-room air – these include antiperspirants, aftershaves and, especially, foot-fungus sprays. Use roll-ons and lotions whenever possible.
15. If someone is in the middle of a set, don't break his/her concentration by asking to work in, by standing nearby looking impatient, or by staring. If you want to use the equipment next, wait unobtrusively until the person is done.
16. It's fine to ask to work in between sets, but don't demand it. Some programs involve precise rest intervals, and interruptions can compromise them. Don't be too possessive: Let other people work in whenever possible.
17. Most gyms tell you how long you can use cardio machines when others are waiting; If not; consideration dictates that you don't hog a machine when there's a line.
18. Conversing with someone on the next treadmill can help make the time go by faster, but some people would rather run in peace. If the person is reading or doesn't seem interested in talking, don't push it.
19. Unless you're a certified personal trainer and you're convinced someone is about to harm themselves, never insist on giving unsolicited advice on how to lift weights. You don't know what kind of program someone is on, and that person has no way of knowing if your information is any good anyway.
20. Please don't have a picnic in the gym area! All food should be eaten outside. Water bottles are allowed. Please note: There should be no food in the Academy Health Club Wing.