

Drew Murphy Strength Gym Use Rules and Expectations: Updated March 2017

Owner Contact Information: Drew Murphy 319-530-7706 drewmurphystrength@gmail.com

Violation of any of these rules may result in termination of membership and forfeiture of paid dues.

Daily Hours: Monday – Friday 5am-9am & 6pm-10pm

Saturday & Sunday 10am-10pm

Safety:

- Drew Murphy and Drew Murphy Strength & Fitness LLC is not liable for any bodily injury to gym users or responsible for any accidents that take place during gym usage.
- In the event of an emergency, call 911 then Drew as soon as possible.
- Be aware of severe weather as there is no designated safe zone on the premises.
- Non-members and children are not allowed in the gym at any time.
- Drew Murphy Strength is not responsible for lost or stolen items.
- All gym members are expected to know his/her own physical limitations before using the gym.
- Be respectful of other gym users and be aware of your surroundings.
- Appropriate exercise clothing and shoes are required at all times.
- Use spotter when lifting, whenever possible.

Equipment:

- Share equipment with other gym users.
- Dropping of heavy bumpers and dumbbells is allowed. Please refrain from dropping lighter weights.
- Do not drop weights over the turf area.
- Chalk may be used. Please make an effort to keep the chalk contained within the chalk bucket and clean up excess chalk after use.
- Report any broken equipment to Drew. Do not use broken equipment.
- 10lb. bumper plates are not to be put on empty barbell alone. Using them along with thicker bumpers is okay. 10lb. bumper plates are labeled with blue tape.
- The bar marked with black athletic tape (where the bar meets the collars) fits iron plates only. No bumpers.
- Recognize areas of the turf that are beginning to be peeled up, and keep traffic low in those areas.
- Prevent planting, twisting and digging of feet on the turf area when possible.
- Do not loop bands over sharp edges.
- Wipe off benches/mats after use with the provided disinfectant spray and cloths.
- Do not stack boxes or any other equipment in front of mirrors. Refrain from touching and leaning on mirrors.
- Use blue crash mats if climbing pegboard, rope, salmon ladder, or wall.

General:

- No food or drink inside the gym except water. There is a water cooler next to the treadmill for member use.
- Parking is limited to the front or back of Drew Murphy Strength only. Be respectful of surrounding businesses. If there are no spaces available directly in front of or behind the gym, please park on the hill to the west of the gym.
- Access codes may not be given to any non-member for any reason.
- Refrain from going upstairs or behind the front desk.
- No personal training or other fitness related services may be conducted at Drew Murphy Strength at any time.
- Gym use is allowed during designated hours only. Members must be prepared to exit by 9am/10pm respectively.
- Please use headphones for music listening.
- Please keep noise and grunting to a reasonable level.
- Alcohol, tobacco products, and illegal drugs are strictly prohibited.
- No profanity.

Instructions for Entering Gym:

1. Enter through the front door only.
2. Press "Schlage" at the top of the keypad.
3. Enter your 4 digit access code.
4. Deadbolt will unlock.
5. Manually lock deadbolt behind you after entry for safety.

6. Overhead lights are located near front and back door.

Instructions for Exiting Gym:

1. Leave gym in same condition it was in upon arrival.
 - Return dumbbells to designated place on dumbbell rack.
 - Strip barbells of all weight and return them to the barbell rack.
 - Neatly stack boxes along walls.
 - Return bands and jump ropes to designated hanging places.
 - Re-rack weight plates. Keep “like” weights together for storage (45lb. plates only with other 45lb. plates, etc.)
 - Wipe up chalk/mud/rope filaments.
2. Turn off all lights including bathroom light.
3. All doors are to be closed and locked at the end of each session.
 - Exit through front door.
 - After closing door press “Schlage” at the top of the keypad.
 - Listen for deadbolt to close. Please check to make sure door does not open.