

818 Fitness Center Policies: Open 24 hours

1. The 818 Fitness Center is open to all Residents of the 718 & 818 Core Apartment Residences and all students of degree granting programs at Washington University School of Medicine. No Guests Allowed.
2. Fitness Center Patrons should have their IDs with them for gaining access into the Fitness Center. Just in case they are asked to present their ID to a Staff Member.
3. Proper athletic attire must be worn while participating in activity areas. Shirts, shoes, and pants/shorts are required. Sport bras are not considered a shirt.
4. Closed-toed athletic shoes are required at all times.
5. Disinfect and wipe down all equipment thoroughly after use.
6. Re-rack all plates, dumbbells and other equipment when you are finished using it. Do not leave loose plates or dumbbells on the floor. Unused equipment should always be properly racked. Fitness center equipment is only to be used in the fitness center and should be returned to the storage rack when you are finished working out.
7. Use lock collars on all load bearing barbell exercises.
8. Do not drop weights on the floor.
9. Please use the Olympic Platform for deadlift exercises and use the pads on the platform at all times.
10. Only bumper plates are permitted on the Olympic Platform.
11. When performing overhead lifts on the Olympic Platform, control the bar and maintain contact with it whenever possible.
12. Powdered chalk is prohibited. Liquid Chalk can be used.
13. Spitting on the floor or in the drinking fountains is prohibited.
14. Backpacks and other personal items are not permitted in activity areas. Store all belongings in the temporary lockers in the locker rooms or storage cubbies in Fitness Center. The 818 Fitness Center is not responsible for any lost or stolen belongings.
15. Personal locks are allowed to be used on the locker room lockers while you are using the Fitness Center. Once finished at the Fitness Center, personal locks and belongings should be removed from the temporary lockers. If not removed, after one week the lock will be cut and the belongings will be disposed of.
16. Glass bottles and open containers are prohibited in the facility. Only plastic bottles and beverage containers with lids are permitted.
17. Water is the only beverage permitted. Other beverages such as sports drinks, protein shakes, smoothies and pre or post-workout drinks are not permitted.
18. Food of any kind is not permitted in activity areas.
19. Report equipment damage or any facility-related injuries to a facility host.
20. Personal training and private lessons are not permitted in the facility unless properly arranged through the 818 Fitness Center.
21. Alcohol and use of tobacco products is prohibited in the facility.
22. Photography and filming are not permitted in the facility without approval from Medical Public Affairs and the 818 Fitness Center Administrative Staff.
23. 818 staff members have the final say in policy interpretation and enforcement. Failure to comply with any of these policies may result in temporary or permanent loss of fitness center privileges.
24. Lift at your own risk- Washington University School of Medicine is not responsible for any injuries.
25. No Children under 18 permitted.
26. No Horseplay allowed.
27. Patrons of the Fitness Center are responsible for knowing their own physical limitations.
28. No loud music or noises permitted. Use headphones.
29. Use equipment only for its intended purpose.
30. If you have any questions or concerns, please contact Education & Campus Support Services at meet@wustl.edu.
31. For emergency assistance or facility issues with the Fitness Center afterhours or on weekends, please contact Washington University Protective Services at 314-362-4357.