CONDUCT:
1. There must be a UTD Athletic Department Strength coach present for any workout performed by student-athletes.
2. Student-athletes will be allowed to lift only during scheduled times for his/her team, unless otherwise scheduled with the UTD Athletic Department Strength coach.
3. Academics come first and scheduling conflicts may occur. It is the student-athletes’ responsibility to notify the Strength coach in advance to schedule make-up workouts, etc.
4. The weight room is not a health club. Use of the facility and the programs provided is a privilege, and the same attitude, effort, and “class” we expect in competition are also expected in the area of training and preparation.
5. Dress code policy must be followed at all times and is strictly enforced. Do not even enter the S&C facility with apparel from another university.
   • LOWER BODY WEAR: Student Athletes are required to wear shorts, sweat pants or warm-up pants. No yoga pants or spandex shorts only.
   • UPPER BODY WEAR: T-shirts, sweatshirts and unaltered/loose fitting tank tops permitted.
   • FOOTWEAR: Athletic shoes must be worn at all times.
6. ANY student-athlete disturbing a team lift will lose weight room privileges.
   • While working out – DO NOT pester, bug or harass other student-athletes.
   • RESPECT others in the weight room – NO FOUL LANGUAGE.
7. The use of cell phones in the weight room is prohibited!!

SAFETY:
8. THINK SAFETY! Clear workspace of obstacles, including other athletes. Always use spotters and collars on bars.
9. Injuries, at any time of workout, MUST be reported to an athletic trainer.
10. RE-RACK YOUR WEIGHTS along with any tape, pre-wrap, straps, bands or other equipment
11. Do not take weight equipment or towels out of the weight room without permission.
12. Unless specifically authorized – offices, telephones and computers are off-limits to student-athletes.

FAILURE TO FOLLOW ANY OF THESE RULES AND POLICIES COULD RESULT IN LOSS OF WEIGHT ROOM PRIVILEGES.

USAGE REQUIREMENTS:
13. In order for a student-athlete to use that athletic department weight room facility, all of the following requirements must be met:
   • The student athlete must be on a current affirmation of eligibility sheet for his/her team on file with the Senior Women’s Administrator (SWA)/Compliance Coordinator;
   • The student-athlete must be enrolled full-time at The University of Texas at Dallas and academically eligible by NCAA, University and Athletic Department standards & requirements;
   • The SWA/Compliance Coordinator must academically clear the student-athlete for the above requirement;
   • The student-athlete must be medically cleared by the athletic training staff, including all paperwork and insurance verification completed, and by the UTD athletic department team physician prior to being allowed to use the facility;
   • A student-athlete’s privilege to use the facility may be revoked by the Athletic Director at any time.
14. No graduated student-athletes or student-athletes who have exhausted their sport eligibility are allowed to use the facility at any time.