

## **RULES FOR FIGHT CLUB USE - 11/6/2012**

- 1. Users must sign in and out of the log book when using Fight Club.  
Program leaders can sign out for their respective programs. Adult at-large users should sign in and out individually (e.g. Sunday morning erg crew)**
- 2. Keep music volume to a reasonable level. The music should not be heard outside of the basement door. Basement door should be almost completely shut if left propped open.**
- 3. Shirts must be worn AT ALL TIMES when outside the basement door. This includes trips to the restroom/water fountain and exiting the front door.**
- 4. Parking – Weekdays: All cars are gone by 7:15 a.m. No cars park before 4:30 p.m.**
- 5. No loud noises or talking when in the building or parking lot.**
- 6. Ergs are stored horizontally (i.e. flat on the ground not standing up). They should also be stored on the far side of the concrete column nearest the door.**
- 7. No equipment shall block the path from the basement door to the room behind the television.**
- 8. Return all equipment/weights to its storage spot after use.**
- 9. Keep hallways, bathrooms, and stairways clean. Make sure you are not bringing dirt, water, or salt in with you. Wipe your feet well before entering the building.**
- 10. Be courteous to the building's tenants.**

**11. Do not touch any switches or pipe covers or other mechanical objects within the workout area. Report any unusual smells or other to your coach or MRC President**

**12. Consult the schedule on website and posted. Stay out of the way of primary user (e.g. if you using erg while Shan Nelson Rowe is conducting strength and conditioning sessions)**

**Remember: The Milwaukee Rowing Club is very lucky to have the use of Fight Club. The building Fight Club is in is an office building to many people. We are their guests and should act as such. You are a representative of the Milwaukee Rowing Club while on the premises and misconduct will not be tolerated. Be responsible for your actions.**

**Coaches/Program Leaders:**

**Juniors: Peter Helfer, Roger Huffman, Breanne Lynch, Will Bott, Mike Dorus**

**MSOE: Chuck Stollenwerk; Joe Stollenwerk; Erik Winer, Dave Taylor, Zach Parsons**

**ARC: Ann Navin, Corrine Bultman**

**Marqte: Zach Savage; Diana Millspaugh**

**Shan Nelson Rowe**