Wildcat Arena Policies:

1. Personal belongings should be left in lockers.
2. Appropriate athletic footwear (non-marking shoes) must be worn at all times on the gym floor. Any athletic shoe that is dirty, scuffs or damages the court of floor is not permitted.
3. Football cleats are never permitted in Wildcat Arena.
4. Track spikes are to be used on the lower track only. Spikes are never permitted on the elevated track.
5. Shirts must be worn at all times except during basketball games.
6. Hanging on rims or nets and slapping the backboards is not permitted.
7. Food and drink are not allowed on the gym floor with the exception of water contained in a spill-proof, unbreakable container.
8. Spectators must watch from gym bleachers, benches or designated side line areas.
9. During drop-in gym time, play is on a first come/first served basis.
10. Challenge court rules apply when others are waiting to play.
11. Only certified indoor soccer balls may be used during soccer play.
12. All members and guests who utilize the cardio and weight equipment must be at least 14 years old.
13. Wear appropriate athletic attire including a top or shirt at all times. Denim is not allowed.
14. Athletic rubber soled shoes that cover the entire foot must be worn at all times. No sandals, spiked shoes, leather soled shoes, flip flops and any shoes that leave a mark on the floor.
15. Members must wipe down equipment after use. Disinfectant wipes are provided throughout the facility.
16. Cardiovascular equipment use is limited to 30 minutes when people are waiting to utilize the equipment.
17. Safety collars are to be used at all times to secure weights on barbells.
18. Return all weights, plates, barbells and dumbbells to their proper storage areas and racks provided.
19. Weight plates are not to be leaned against or on equipment or machines.
20. Proper use of equipment is required at all times. Do not drop weights for any reason unless you are utilizing the Olympic platform.
21. Using a spotter when lifting weights is recommended. Stromberg Complex staff on duty is not available as spotters.
22. Use of chalk is not permitted.