



# THE ARMORY

## Member and Guest Rules

### Liability Waiver

- No one may use any equipment in **THE ARMORY** without a signed liability waiver on file.

### Age Restrictions

- Minors aged 14-17 may use the weight room only when supervised by a responsible adult.
- Minors aged 10-13 are only allowed to use the weight room when directly supervised by an **ARMORY** Certified Coach.
- Minors under the age of 10 are not allowed to be in, or use the weight room at any time.

### Dress Code

- Shirts or sports bras must be worn at all times.
- Nipples must be covered.
- Bikini bottoms including thongs and posing suits are not allowed at any time.
- No bare feet. (Socks are fine).
- No apparel with profane language or images is allowed.

### Gym Etiquette

- Always put your weights back in their proper location. Dumbbells rack and weight trees are labeled. Please help us keep things organized.
- Please put specialty bars, cage accessories, and other equipment back in its proper location.
- Keep chalk in the chalk bowl. Please keep chalk mess to a minimum.
- Please put gym bags, coats and sweatshirts in an appropriate locker or cubby. Do not leave them on the turf or on the gym floor.
- Please wipe down equipment after use. Please put used wipes in the trash can and not on the floor.
- **NO TRIPODS** will be allowed on the gym floor. We encourage you to film big lifts, personal bests, or for checking technique, but please refrain from recording the entirety of a workout. Recording can be done by other means than using a tripod i.e. asking someone to film or setting up your recording device on a rack. We have magnetic rack mounted phone holders that you are welcome to use as needed. We encourage posting our facility to media platforms as long as bystanders are aware of the recording



# THE **ARMORY**

- Help us establish the right culture:
  - Have fun.
  - Smile a lot.
  - Make friends.
  - Give it your absolute best every time you are in the gym.
- Always be kind and encouraging to all members no matter their level of ability. We are all here for the same reason which is to be healthy and make gains.
- If someone looks like they are waiting to use a piece of equipment, offer to let them work in with you.
- Going to the gym is intimidating. Go out of your way to be welcoming and encouraging to beginners.
- Let's make **THE ARMORY** have the absolute best atmosphere and culture of any facility on the planet!

## **Media Credentials**

- Video and photo shoots are not allowed in any capacity without prior approval by **THE ARMORY** management.
- Media credential applications must be submitted directly to **THE ARMORY** management at least 48 hours prior to scheduled video or photo shoot.
- Media credentials will be approved on a case by case basis by **THE ARMORY** management.
- Video and photos shot at **THE ARMORY** must be in good taste, must follow **THE ARMORY** dress code and must be consistent with **THE ARMORY** brand values.
- **THE ARMORY** media credentials lanyard must be worn by the video/photo team at all times during the shoot.