

ALPHA WARRIOR BATTLE RIG RULES AND GUIDELINES

- **USE AT YOUR OWN RISK**
- Users under 13 are not authorized on The Battle Rig at any time.
- Users aged 13-16 must have a parent/guardian present at The Battle Rig.
- All users must wear proper shoes, and athletic clothing. Gloves can also be worn.
- Grabbing onto Chains, Carabiners or Quick Links is prohibited
- One person, per lane, at a time.
- Climbing on or up the steel structure is prohibited.
- Using feet on any of the obstacles is prohibited.
- No food, gum or drinks on The Battle Rig.
- Do not wear jewelry while using The Battle Rig.
- All users should be familiar with The Battle Rig and its components prior to attempting a workout. The Fitness & Sports Center staff can provide an overview on the proper use of The Battle Rig.
- Have fun!
- **NOTIFY FITNESS AND SPORTS CENTER MANAGEMENT OR PERSONNEL OF ANY PROBLEMS OR CONCERNS.**