

# gym terms & conditions

## HEALTH

- Seek medical advice before using the gym if you have any health concerns

## EMERGENCY

- In case of emergency, please use the red emergency button allocated next to the rowing machines

## BEHAVIOUR

- Be respectful to other gym users
- Please be conscious of personal hygiene and ensure clothes and footwear are clean before entering the gym
- Do not use inappropriate language, speak excessively loud or make unnecessary loud noises
- The use of any video recording or photographic device is not permitted in the gym unless authorised by an Operational Supervisor
- You must exit the gym if you wish to make or receive a phone call

## GYM EQUIPMENT USE

- A clear and safe space must be kept in the middle of the gym at all times
- Wipe down all equipment with disinfectant and blue roll after use
- When using chalk, please ensure you clean up excess chalk left on equipment and platforms
- All weights and equipment must be neatly put away after use
- Free weights must be set on the floor and not hit down or dropped
- Dumbbells must not be hit together, set down at an angle or on their ends
- Dumbbells must only be used on matted areas
- Weights of any sort must not be set on the benches
- Fixed resistance machine weights must be set down and not dropped
- Clips must always be used when using barbells, EZ bar and close grip bar
- Kettlebell exercises must only be performed over matted areas
- All landmine exercises must not be performed in the upstairs gym

## PLATFORM USE

- When performing on the platform please keep yourself and the barbell within the platform perimeters at all times
- Benches must not be used on the platforms
- Only feet are permitted on the wooden section of the platform
- Olympic lifts (clean & jerk, snatch) must not be performed in the upstairs gym
- Safety pins must be set at the correct height when performing specific exercises on the platform
- Olympic bars must only be used on the platforms, bench-press bench or for hip thrusts in front of the bench press

## EXERCISE ADVICE

- Please ask a fitness advisor for any instruction or advice on equipment and training
- We recommend that you stop your workout if you feel unwell and then seek advice from a health professional as soon as possible

## GENERAL STATEMENT

I understand that I take full responsibility for my own actions and health in the gym. I confirm that I have read and fully understood the conditions of gym use and agree to abide by them. I understand that disciplinary action will be taken if the rules stated above are not followed which may result in exclusion from gym use.

