

Gym Code of Conduct

In order to ensure that you have a safe and enjoyable workout:

PLEASE DO:

- ⦿ Remember to swipe in at reception upon arrival
- ⦿ Be mindful of the space around you and check to see if you are restricting anyone's access to equipment
- ⦿ Maintain good personal hygiene
- ⦿ Make sure that you wipe equipment down after use with bacterial spray provided
- ⦿ Allow others to work with you between sets if they are waiting for the same equipment
- ⦿ Be aware of others doing floor exercises when using free weights
- ⦿ Ask for help, advice and guidance
- ⦿ Wear soft soled shoes and not sandals or flipflops
- ⦿ Be mindful of baggy clothing when completing certain activities, no jeans or denim
- ⦿ Wear discreet and comfortable clothing
- ⦿ Use lockers for any of your possessions
- ⦿ Vacate the building through the nearest fire exit if the alarm sounds
- ⦿ Treat centre staff and fellow users with respect and courtesy
- ⦿ Give us feedback to help us improve

PLEASE DO NOT:

- ⦿ Use equipment for longer than necessary, especially at peak times, others may be waiting
- ⦿ Block access to equipment, walkways and exits
- ⦿ Drop weights, they should be put down under control
- ⦿ Use foul language or engage in inappropriate conversations
- ⦿ Bring bags, jackets or valuables into the gym
- ⦿ Open windows or doors or try to adjust the air conditioning without first asking a member of team. The temperature is regulated in accordance with Ukactive guidance
- ⦿ Video or photograph other gym users without consent
- ⦿ Eat or chew gum
- ⦿ Use any piece of equipment unless you have been shown by a qualified member of the team
- ⦿ Bring a child under 11 years old into the gym

Enjoy your workout!



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