

Gym Etiquette

We welcome everyone to our gym & want you to feel comfortable and supported whilst you're here. Here are rules we'd like you to follow to ensure everyone has a safe & enjoyable experience.

What to wear

- Please wear suitable comfy attire for exercising in.
- Clothing such as denim, boots, flip flops/sandal, open toe shoes or workwear are not permitted.
- A top must always be worn during your visit.

Safety

- Before using the gym, you will need to complete a safety induction on how to use the equipment effectively & safely.
- You must complete a health commitment statement when joining as a registered user. Under 16s must have their parent/guardian sign this on their behalf.

Hygiene

- Please wipe down equipment after using them with the cleaning supplies available. Spray onto the towel before wiping down.
- Please bring a sweat towel & plastic water bottle with you.

Behaviour

- You will not be able to use the facility under the influence of alcohol, drugs or if they have an infectious/contagious disorder/illness.
- Bags and personal belongings are not permitted on the gym floor, use the lockers provided – we cannot take responsibility for any loss or damage of personal items.
- Background music is played for the benefit of those users that do not wish to headphones. The availability and volume of the music is at the discretion of the management.
- Please do not stand/sit on equipment while using your mobile phone unless actively training.
- Ensure that you re-rack all weights & do not unnecessarily drop weights.
- For safety reasons children under 11 are not permitted to use the gym.
- Children under the age of 16 will not be permitted to use the free weight equipment and any weight training will be limited to the fixed resistance equipment.
- Our gyms are places for you to exercise in, not to hang out in so please be courteous & respectful to other gym users.
- Children under the age of 16 must attend the Junior Gym sessions if not accompanied by an adult.
- We totally oppose abuse, threats & violence towards our staff.
- We reserve the right to refuse access to any of the facilities if you act in a way that may cause offence or distress to others; or that in our opinion presents a risk to others or your own health; or if you fail to use the equipment safely and properly; or as instructed by our staff.
- Last entry is 30 minutes prior to the advertised session end time.