

Fitness Suite - code of conduct

The Facility

- Be courteous to other users of the facility at all times.
- Equipment is for everyone to use, please do not claim a piece of equipment for the duration of your workout.
- Do not eat in the facility.
- Do not bring mobile phones into the facility.
- Respect people's space, do not step over exercisers or walk close to moving equipment/free weight lifters.
- Wipe down equipment after use with the cleaning agents supplied.
- Conversations should be held away from equipment so that others can use it.
- The area is intended for people to work out, ensure the area is inviting to all users.
- Wear clean loose fitting shorts and t-shirt or a tracksuit, only indoor footwear should be worn.

The Resistance Training Equipment

- Allow others to work on resistance training equipment. It is recommended that when resting you stand next to the equipment rather than sitting on it.
- For health and fitness use all resistance equipment in a slow controlled manner through a full range of motion for best results.
- Select a resistance that you can manage for the desired number of repetitions. Lifting too much weight can result in injury to you and may damage the equipment.
- Generally the fixed resistance machines are designed for a particular purpose. Please ensure that the exercise that you are carrying out is safe and reflects the purpose of the equipment.
- Report any damage to the equipment immediately.
- Do not hang on the cable cross over support structure as it may be bent.

The Cardio-Vascular Equipment

- Limit exercise on the Cardio-Vascular Machines to 20 minutes during busy times or when demand for equipment is high.
- Wipe down equipment after use.
- Ensure that the speed and resistance on any CV machine is manageable, failure to do so may result in injury.
- All clothing should be tucked in and shoes secured.
- Start off at a slow pace and build up gradually.

These guidelines are set out to ensure that the Body Workshop and CV suite are clean friendly environments that are safe and enjoyable to use.