

Fitness suite - rules and regulations

- All those who wish to gain access to the Fitness Suites must complete a Health and Safety Induction and a Physical Activity Readiness Questionnaire.
- Access to the Fitness Suites is gained by obtaining a fitness suite band from the Reception.
- Do not allow friends access to the gym to either use the equipment or for a conversation.
- Do not pass your band onto any other user of the facility or allow access to the facility by others.
- Keep your band on your person at all times to avoid others taking or using it.
- Wipe down all machines after use to ensure a clean hygienic environment.
- Report any breakages or damaged/faulty equipment to the Reception immediately.
- The fire exit door in the Body Workshop should only be used in the event of an emergency.
- Do not obstruct the fire exit at any time.
- All equipment should be returned to its proper place after use.
- Wear clean clothing and appropriate indoor footwear. It is recommended that loose fitting shorts and t-shirts or tracksuits should be worn.
- Use the equipment in the way that it has been demonstrated to you or for the purpose for which it was intended.
- Ensure that all activities are performed safely. Any activity that could harm either yourself or others should be avoided.
- Only sealed plastic drink containers are allowed into the facility. Food or glass containers should not be taken into the rooms.
- Store belongings and kit bags in the lockers provided. Do not take them into the rooms.

Failure to adhere to these rules and regulations can result in a ban from the Fitness Suites