FITNESS SUITES
RULES & REGULATIONS

DOWNSTAIRS WEIGHTS ROOM

• All gym users are offered an induction or may view our induction videos online
• Access to the weights room is only granted with a valid sport centre card or Library card
• All users must have their card on them to access the gym
• You must **not** use someone else’s card or allow anyone into the gym
• You must be dressed appropriately to use the gyms
• No jeans, jean shorts, cardio shorts or chinos
• Appropriate footwear must be worn no bare feet or flip flops
• Bags must **not** be stored in the weights room, lockers are provided in the corridors and changing rooms
• Resistance stacks must **not** be dropped or slammed
• Weight plate/bars must **not** be leant against walls, windows or mirrors
• All equipment must be put away after use
• All gym kit must stay in its allocated gym
• If you are recording you must **not** record anyone else in the gym
• Treat all other users and the gym team with respect
FITNESS SUITES
RULES & REGULATIONS

UPSTAIRS FITNESS SUITE

• All gym users are offered an induction or may view our induction videos online

• Access to the upstairs fitness suite is only granted with a valid sport centre card or Library card

• All users must have their card on them to access the gym

• You must not use someone else’s card or allow anyone into the gym

• You must be dressed appropriately to use the gyms

• No jeans, jean shorts, cardio shorts or chinos

• Appropriate footwear must be worn no bare feet or flip flops

• Bags must not be stored in the upstairs fitness suite, lockers are provided in the corridors and changing rooms

• Resistance stacks must not be dropped or slammed

• All equipment must be put away after use

• All gym kit must stay in its allocated gym

• If you are recording on media devices you must ensure not to include other people in the footage unknowingly

• Treat all other users and the gym team with respect
FITNESS SUITES
RULES & REGULATIONS

STRENGTH AND CONDITIONING

• All gym users are offered an induction or may view our induction videos online
• Access to the strength and conditioning room is only granted with a valid sport centre card or Library card
• All users must have their card on them to access the gym
• You must not use someone else’s card or allow anyone into the gym
• You must be dressed appropriately to use the gyms
• No jeans, jean shorts, cardio shorts or chinos
• Appropriate footwear must be worn no flip flops
• You may lift on the platforms/racks without shoes on if you prefer
• Bags for your kit must not block the walk ways You can store them on the hooks provided or in a safe place
• Weight plate/bars must not be leant against walls, windows or mirrors
• Resistance stacks must not be dropped or slammed
• All equipment must be put away after use
• All gym kit must stay in its allocated gym
• If you are recording on media devices you must ensure not to include other people in the footage unknowingly
• Treat all other users and the gym team with respect