

## 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**



# 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

## 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