



# Gymnasium / Fitness Suite Rules

1. Please note that these rules are additional to the clubs main rules and regulations a copy of which can be downloaded from our website.
2. Until revoked the club rules are binding on the members and their guests.
3. The proprietor from time to time may vary and revoke the club rules for the regulations of the affairs of the club. At such time, these new rules will become binding to all members and their guests.
4. We would like to bring to your attention the physical activity readiness questionnaire form, which would have been completed by you as part of the induction process and would draw your attention to the fact that if your health changes in anyway, you should contact a trainer ASAP and refrain from using or engaging in any activity until your ability has been re-assessed.
5. Children between the age of 14 & 16 years are only permitted to use the gymnasium during organised under-16 allotted times. Children below the age of 14 are not permitted to enter/nor make use of the gymnasium/fitness suite. We do not allow members to bring babies into the gymnasium/fitness suite in carry chairs/cots.
6. All members are asked to wear a form of dress appropriate to the place, occasion and time of day at the club. Members will be expected to be presentably attired when entering the gymnasium and may be refused entrance or asked to leave or change once admitted if in the opinion of the duty instructor they are not suitably attired.
  - a. Suitable dress code would consist of:
    - i. Trainers/comfortable soft-soled shoes, no bare feet, flip flops or outdoor footwear.
    - ii. Shorts or similar, no bathing costumes.
    - iii. T Shirt / training shirt or similar, no topless training.
    - iv. Hand towel for wiping down machinery after use.
    - v. The above is dress code is for guidance purposes only if unsure please ask your trainer.
7. All members must use the machinery with the TGS Keys system or App. All CV Machinery will be locked out to non-TGS Key users. Members may use the resistance equipment without using the TGS key if they have received an induction, but we would stress that it is in the interest of the client to use the TGS key at all times. Staged & Free Training will be available to all gymnasium users, however we would recommend that the advice of the trainer is taken to which training solution will suit you best.
8. Members are expected to conduct themselves in an appropriate manner in keeping with the image of the club. Members are not to behave in an antisocial manner and the use of profanities will not be acceptable at any time.
9. Members must use the equipment as shown in their inductions. Any member found using any piece of equipment which will damage either you the client, machine, staff member or any other club user will be treated as follows:
  - a. On first witnessing the incorrect usage, the member will be shown how to use the equipment correctly. If the member refuses to adjust the usage of the machine to our set parameters, they will be asked to stop using the equipment in question.
  - b. On the second witnessing of the incorrect usage of the machine, again the member will be shown how to use the equipment correctly. If the member refuses to adjust the usage of the machine to our set parameters, they will be asked to stop using the equipment in question.
  - c. If the member is found using the machine incorrectly a third time the member will be asked to leave the gymnasium and the case will be referred to club management for review.
  - d. The proprietor reserves the right to levy an administration charge in the event of misuse of any of the equipment, plant or machinery open for use by any of the members, which charge shall include but shall not be limited to restoring the equipment, plant or machinery, so that the equipment, plant or machinery is fit for safe use by other members and officials of the club, and any third party costs directly arising from such misuse.
10. At certain times Wye Leisure may without penalty withdraw part of the gymnasium facilities for maintenance, or may reserve equipment/areas of the gym for organised classes / events.