

# Gym Terms & Conditions

## HEALTH

Seek medical advice before using the gym if you have any health concerns

## EMERGENCY

In case of emergency, please contact a member of staff

## GYM INDUCTIONS

Users aged 16 years and over **MUST** complete a full Gym Induction before accessing the gym facilities

14 & 15 year olds **MUST** complete an Induction **AND** be accompanied by a responsible adult over the age of 18 years

## GYM & EQUIPMENT USE

**RESPECT** the equipment, customers and staff at all times

**CLEAN** all equipment with disinfectant and blue roll after use

**TIDY** away all weights and equipment neatly after use

**PHOTOGRAPHY** and recording videos is not permitted in the gym unless authorised by a member of staff

**PHONE CALLS** should always be received and made outside of the gym

**CLIPS** must always be used when using barbells, EZ bar and close grip bar

**OLYMPIC LIFTS** (clean & jerk, snatch) are prohibited

## EXERCISE ADVICE

Please ask a Fitness Advisor for any instruction or advice on equipment and training

We recommend that you stop your workout if you feel unwell and then seek advice from a health professional as soon as possible

## GENERAL STATEMENT

I confirm that I have read and fully understood the conditions of gym use and agree to abide by them. I understand that disciplinary action will be taken if the rules stated above are not followed which may result in exclusion from gym use.