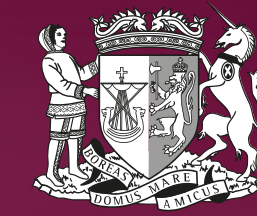
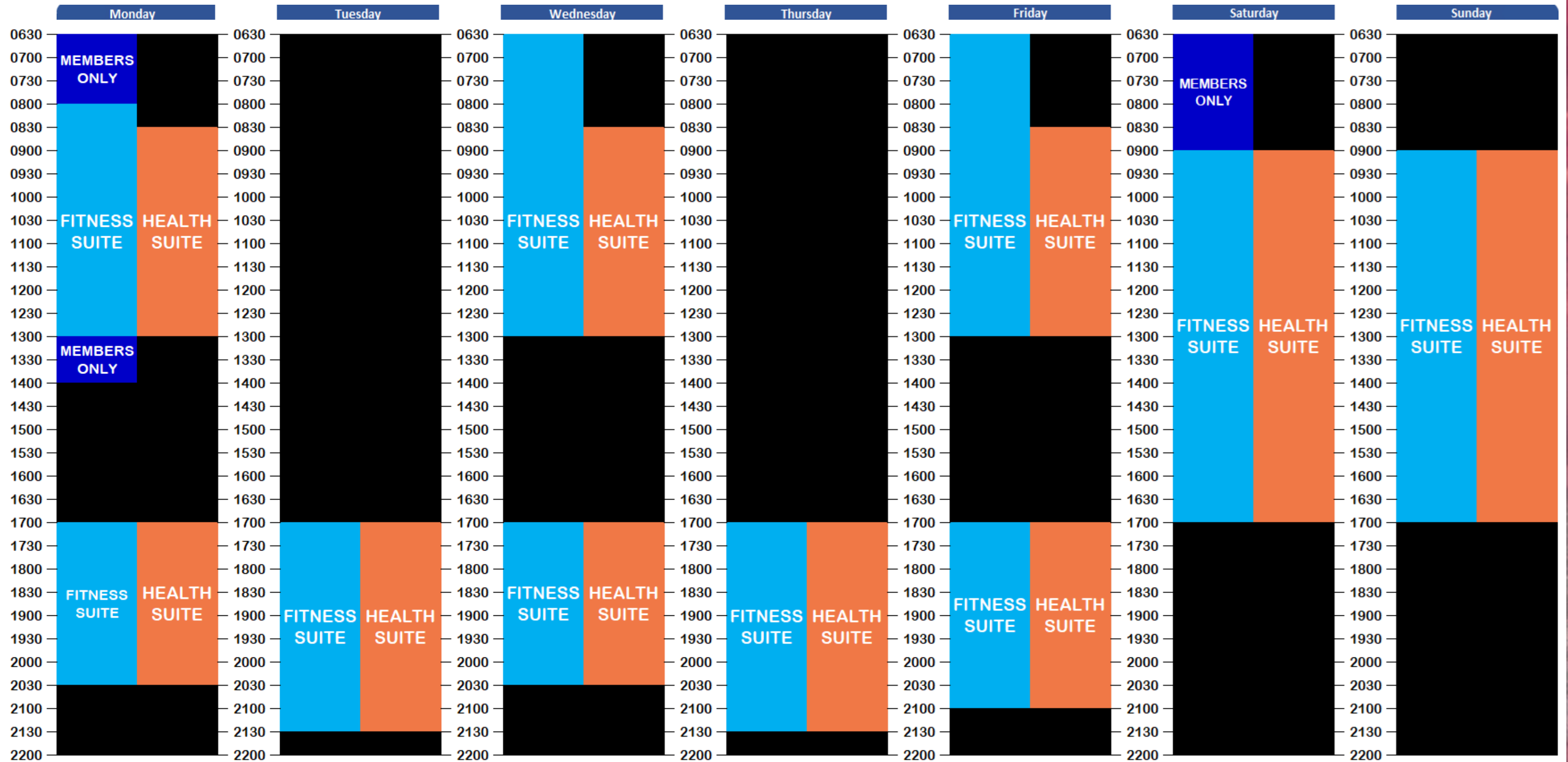


# SSP Health Suite & Fitness Centre



**ORKNEY**  
ISLANDS COUNCIL

20<sup>th</sup> April - 2<sup>nd</sup> July 2026



All users must have completed a gym induction at an OIC gym or the Pickaquoy Centre or sign a waiver if regularly using another gym.

14-15 yr old may use the gym if inducted and accompanied by an adult with an induction.

- Please wipe down equipment after use.
- Bring your own water bottle.
- Wear suitable clothing
- No outdoor footwear inside.
- Be respectful of other gym users.

During weekends children over 8 may enter the health suite if accompanied by an adult at a ratio of no more than 2:1