



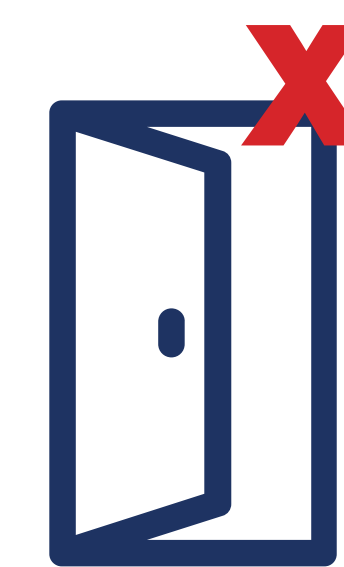
This is our gym. Please look after it. The Code of Conduct will help protect the gym and members' enjoyment of it.

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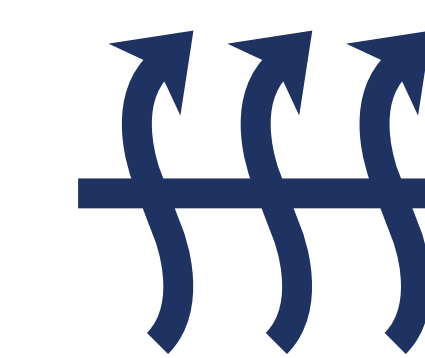
## 1. USE OF THE GYM IS FOR MEMBERS ONLY

- No-one who is not a fully paid up Member may use the gym.



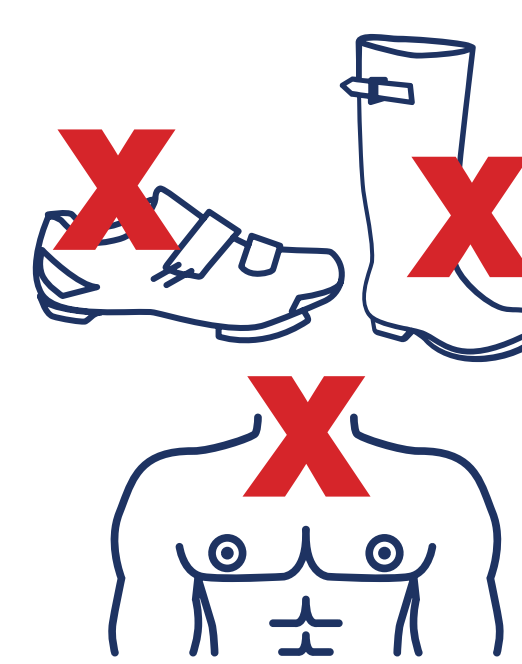
## 2. ACCESS & EXIT

- Please use the door at the top of the access ramp or the door from the common parts. **BOTH SIDE DOORS IN THE LARGE GYM MUST REMAIN CLOSED AND LOCKED** even when the gym is in use. **THESE SIDE DOORS MUST NOT BE USED except in an emergency.**



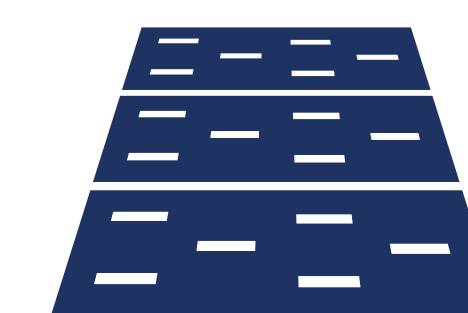
## 3. VENTILATION

- Ventilation is provided by opening the louvres and windows in the glazed section. The ridge mounted units will normally be in the open position and should not need to be adjusted. **THE SIDE DOORS IN THE LARGE GYM MUST NOT BE OPENED AND MUST BE KEPT LOCKED. PLEASE CLOSE WINDOWS WHEN YOU LEAVE THE GYM.**



## 4. FOOTWEAR & CLOTHING

- Clean training shoes only – no cycling shoes or wellies.
- A top (e.g. a vest or Tee shirt) must be worn at all times in the weights gym and must be worn at all times in the large gym save for squad training or testing sessions.
- Please wear clean kit.



## 5. AREA FOR LIFTING WEIGHTS

- Weights are only to be used on the rubber floor. **NO WEIGHTS OR WEIGHT LIFTING EQUIPMENT ARE BE TAKEN INTO THE LARGE GYM TO AVOID RISK OF DAMAGE TO THE FLOOR.**



## 6. USE OF EQUIPMENT

- Please take care of equipment.
- Please wipe equipment after use.
- Please put equipment away after use.
- Medicine/Slam balls must not be thrown against the gym walls.



## 7. RESPECT FOR NEIGHBOURS AND OTHERS

- Please respect our neighbours – come and go quietly and try at all times to keep noise levels down.
- Please respect other users of the gym. The Code of Conduct of British Rowing applies to all areas of the club including the gym.



## 8. MUSIC POLICY

- Members using the gym may, if they wish, use headphones. Amplified music is not permitted save by an organiser of a group activity authorised by the club.



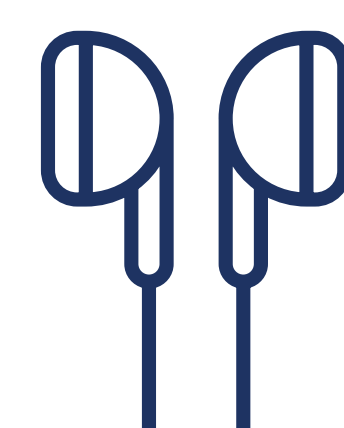
## 9. ACCESSIBLE WC & SHOWER

- The accessible WC and shower is only for use by disabled members and those who have permission. The WC will be kept locked and a key is in the office.



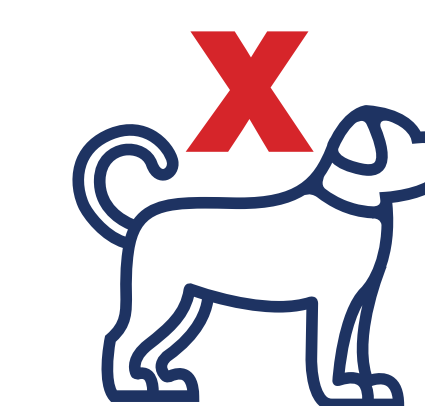
## 10. PERSONAL TRAINERS

- Only personal trainers who have been authorised in writing by the club may work in the gym.



## 11. PERSONAL BELONGINGS

- Please remove personal belongings when you leave. The club takes no responsibility for personal belongings.



## 12. PETS

- Pets are not allowed in the gym.