

## **Gym, Fitness Studio, Sports Facility Guidance and Etiquette**

- ✓ Always check with your GP first if you are unsure whether or not you should be exercising
- ✓ Ensure you have read and understood the “Active Nottingham Health Commitment Statement” before taking part in activities.
- ✓ Wear suitable clothing at all times and trainer’s suitable footwear to take part in Physical activity that covers the toes.
- ✓ During busy periods in order to prevent overcrowding in the gym users are requested to strictly observe their allocated one hour booking slot. This also applies to late comers whereby your allocated booking will still finish at the original booking time.
- ✓ Use sealed containers for drinks i.e. water. No glass is permitted within the Gym or Fitness Studios
- ✓ During busy periods please limit your time on cardiovascular equipment to 10 mins on each piece.
- ✓ Use Lockers provided at all times do not take bags into the work out area with you.
- ✓ In the interest of Health and Safety please return equipment after usage. Free weights should be stored back to the correct storage rack after use.
- ✓ Children aged 13 years and under are not allowed in the gym area. All Children 14 – 16 years old must be accompanied at all times by a responsible person aged 17 years or over.
- ✓ Bring a towel when using the gym facilities and other fitness areas, wiping down equipment after usage and leaving equipment as you would like to find it
- ✓ Comply with all instructions and guidance displayed within the Gym and Fitness Studios
- ✓ Inform Instructors if you have a medical condition we should be aware of before taking part in activity.
- ✓ We operate a fair play policy for fitness sessions. If you fail to attend or cancel your booked session within 3 hours of the programmed start time, a £3.00 fee will be applied to your account.
- ✓ Wear shoes with Non-Coloured soles that may mark surfaces- Coloured non-marking soles may be used for Tennis Courts
- ✓ Should you have any questions about any aspect of the gym or facilities please see a member of the team. We’re here to help
- ✓ Stay Hydrated drink little and often