

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.
- ✓ Please wear suitable clothing and closed-toe trainers at all times during physical activity. For your safety, flip-flops and other open-toe footwear are not recommended for training.
- ✓ During busy periods 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.
- ✓ During busy periods please limit your time on cardiovascular equipment to 10 mins on each piece.
- ✓ Use the lockers provided, please do not take bags into the workout area with you.
- ✓ In the interest of Health and Safety please return equipment after usage. Free weights must be re-racked properly. If you’re strong enough to lift it, you’re strong enough to re-rack. Let’s keep the space safe and respectful for all.
- ✓ Children aged 13 years and under are not allowed in the gym area. All Children 14 – 15 years old must be accompanied at all times by a responsible person aged 16 years or over.
- ✓ Bring a towel when using the gym facilities and other fitness areas, wipe down equipment after usage and leave 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 that we should be aware of before taking part in an activity.
- ✓ Instructors reserve the right to refuse entry into a class if you are more than 5 minutes late. This is for your safety and to avoid disruption to the class and other users.
- ✓ Wear shoes with non-coloured soles that may mark surfaces.
- ✓ To ensure fair access for all participants, we operate a fair play policy. If you do not attend your booked session or cancel within 1 hour of the scheduled start time, a strike will be added to your account. Accumulating 3 strikes within a 30-day period will result in a temporary suspension of your advance booking privileges for 7 days.
- ✓ Stay hydrated, drink little and often – especially during the hotter weather.
- ✓ Use sealed containers for drinks i.e. water. No glass is permitted within the Gym or Fitness Studios.
- ✓ 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.