

## **GYM & FITNESS BYE-LAWS**

### 1. Dress

Appropriate gym-wear is to be worn at all times whilst using the gym (tracksuit, shorts, T-shirt, etc.). Appropriate footwear is to be worn at all times whilst using the gym. Please ensure that your footwear is clean.

### 2 Induction

Members must have an induction from a member of staff before using the Gym Equipment.

### 3. Membership Card/ Shoe Tags.

Whilst using the Gym, members must WEAR / DISPLAY A CURRENT SHOE TAG in an easily visible manner. Members must co-operate with members of staff and/or Committee members if asked to prove their identity. A membership card must be displayed, alternatively a member can sign in on the sheet provided. Visitors and Social members are not permitted to use the Gym, unless they are having a Personal Training Session with our Fitness Staff.

### 4. Junior Members

Only members over 16 years of age are able to use the Gym whilst unsupervised. Junior Members who are over 12 may use the gym if supervised by an adult or a member of staff\*. The Junior must make his/herself known to the member of staff on duty. If for any reason no member of staff is present Juniors may not use the Gym.

\* If PRIOR written permission has been obtained from the Gym and Fitness Committee

\* If accompanied by their parent who must also be a Playing or Family member and who has written to the Club accepting responsibility for their child.

\* During normal opening hours providing permission is sought from the Fitness staff on duty. Permission will not be given if the member of staff is unable to oversee & supervise. If the member of staff considers that the Junior member is at risk to themselves or others they will be asked to leave the gym immediately. Any Junior wishing to take advantage of this option MUST obtain prior written parental consent. A form is available from the Fitness staff.

\* Junior members under 16 may only use the gym if they are having a "one to one" session with a member of the Fitness team or another qualified trainer who has prior permission from the Head of Fitness to use the Gym.

\* Junior members under 16 can also use the gym if accompanied by a parent who must be a full playing member and who has written to the Club accepting responsibility for their child. Under these circumstances the junior under 16 cannot use any of the weights or resistance machines or the treadmills for health and safety reasons.

### 5. Glass Containers:

Glass containers must not be used in the Gym or Fitness Studio (other than during organised social events) or taken into the changing rooms, toilets or showers following past experience of serious injury from broken glass.

### 6. Kit Bags / Rackets:

All Bags (other than Handbags), rackets and clothing should be left in the changing rooms. There are lockers available for valuables.

### 7. Notes for Guidance:

Members should never use the equipment in any manner that is likely to cause injury to themselves and / or to others. Any faults / breakages should be reported immediately to a member of staff or a "Your Comments & Suggestions" Card should be completed.

If unsure on how to use any piece of equipment guidance should be sought from a member of staff. Members should take care of all gym equipment and return weights to the rack after use. Members should always wipe down machines after use with a towel or paper towels provided.