

## **Gym etiquette & safety**

### **Return weights and equipment**

Always return weights and other equipment to the proper storage area. Failure to do so is not only inconsiderate, but also dangerous for someone who might trip over the equipment you left behind.

Be careful when changing weights on barbells. **Clips/collars should always be applied when using weight bars.**

### **Keep clean**

Wipe equipment after use. Bring towel or use cleaning solution and paper towels provided. If you spill anything on the floor make sure to clean up after yourself.

### **Gym attire**

Appropriate clothing\* and fully covered supportive footwear must be worn in the gym at all times. Tops must be worn at all times.

### **No mobile phones**

Mobile phones are not permitted in the gym for the consideration and privacy of your fellow gym users.

### **No hogging**

Do not monopolise weights equipment, let others work in with you. Do not rest on equipment between sets. Do not train too close to other equipment or block others access to equipment or walkways etc (especially if it's busy).

### **Spotting**

It is essential to have a spotter if you are lifting a heavy weight; a spotter is there to assist you should you get into difficulty. Please ask some one to spot you, either a member of staff or another gym user. Ensure that they are capable of spotting the weight.

Do not interrupt people mid set by talking to them or asking a question. Wait until they have finished the set.

**Never lift a weight that is too heavy for you.**

### **Cardio times**

There is a limit of 15min on the cardio machines a peak times. If the gym is not busy feel free to stay on the cardio machines for as long as you like. If there are people waiting to use the machines, please respect the rules. If you really want to have a long cardio workout, avoid the gym during the busiest hours.

**If you have any quires, please ask our instructors. Respect the people around you, the gym is there for your use so please help us to maintain it to a high standard for you.**

\* Sports wear i.e. t-shirt, shorts, track bottoms etc