

# Fitness Suite Code of Conduct

The code of conduct is to ensure the comfort and positive experience of users and staff, whilst complying with health and safety in the Fitness Facilities.

- Please wipe down all equipment you have used. We provide disinfectant, paper towel and wipes for this purpose. We kindly ask that you put your equipment away after use.
- Avoid extended use of all fitness equipment and consider other user's requirements.
- Fitness Instructors will monitor use and may request you adjust your program to accommodate other users during busy times.
- Always act courteously to others, as you would wish to be treated. Background noise can prove distracting. Avoid shouting, using foul or abusive language or gestures.
- Strictly no photography in the fitness suite unless authorised by a member of staff.
- Footwear and clothing must be clean and appropriate when using the fitness suite. Footwear must be always worn. With safeguarding as our top priority, please avoid wearing clothing that is immodest or that could be seen as offensive to other members, pupils or staff.
- You may be asked to change your clothing or footwear if a staff member considers that it is not suitable for safety reasons and or for our dual use environment.
- You can use your personal music and fitness trackers; however, try not to let them distract you from your surroundings.

## Health & Safety If you have any concerns, please speak to the Fitness Team.

- Inductions are essential and must be completed by all users. Inductions are designed to ensure equipment is used effectively and this helps to minimise injury.
- Please make and take all calls outside the fitness suite, this minimises disruption to yourself and other users.
- Hydration is important. Remember to bring a plastic drinking vessel. Eating during exercise can be detrimental and should be avoided.
- Bags and belongings are not permitted in the fitness suite; and must be stored in a locker.
- Changes in your health can affect how we assist and advise you about training. You must inform us of any significant changes and ask that you complete a PARQ form annually.
- All users must abide by instructions related to health, safety and appropriate conduct as issued by the fitness staff, written or verbal which are subject to change.
- Entry to the Fitness Suite and use of fitness equipment while under the influence of alcohol or drugs is prohibited.
- Please report any equipment faults or other hazards to the fitness team, and refrain from using the piece of equipment. Please report any injury incurred during your session in the fitness suite to a member of staff before you leave.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Members	07.00-22.00	07.00-14.00 17.00-22.00	07.00-22.00	07.00-14.00 17.00-22.00	07.00-21.00	08.00-13.00	08.00-21.00
Off Peak/ Leisure Card	09.30-16.00	09.30-14.00	09.30-16.00	09.30-14.00	09.30-21.00	-	10.00-21.00