

CONDITIONS OF USE AND GYM RULES

Here at the Sports and Wellness Hub we have a few rules that we ask all our members to abide by. This is to ensure that all people using our facilities have a safe and enjoyable time. Please make yourself aware of the rules below so that you can enjoy our gym facilities to the fullest.

- You should remember to bring your ID card that you were issued with and use this to scan yourself in at the gym door and ensure it closes behind you, for the safety and security of our customers.
- It is your responsibility to make yourself aware of any equipment instructions, including warning notices. If you are unsure as to how to use any piece of equipment you must seek advice.
- Please bring your own towel and wipe down equipment after use as a courtesy to other users and to ensure that it is clean for the next person.
- For yours and others' safety, all bags and coats should be placed in the lockers provided and not brought onto the gym floor as this could become a trip hazard.
- For safety reasons please ensure you are wearing appropriate gym clothing and footwear at all times. Clothing such as jeans, boots, flip-flops/sandals or work wear are not permitted in the gym.
- Only use one piece of equipment at a time and ensure fair use of equipment during busy periods. This is to ensure that all customers are able to work out at the same time.
- As a courtesy to the gym staff and other customers, and to ensure the gym is kept safe and tidy, please return all equipment back to its original place as shown in the pictures alongside the storage racks.
- Please wear the gloves provided when using the punch bag so that you do not damage yourself or the equipment.
- Please keep all fire exits and walkways clear as they may need to be used by other customers or in the event of an emergency.
- Ensure that you treat all our staff and other customers with respect. Anti-social or aggressive behaviour may result in termination of your membership or security may ask you to leave the facility.
- You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our facilities and equipment you should get advice from a relevant medical professional and follow that advice.
- You should let our team know immediately if you feel unwell when using our facilities or equipment and our team will seek appropriate medical support.
- We ask our customers to promptly report any damage caused or observed to any facilities or equipment for health and safety purposes.
- Access to the gym is restricted to Junior Gym customers aged 11-15 years old. They may only access the gym on Thursday and Friday between 3.15pm-6.00pm and Saturday and Sunday between 11.30am-3.45pm.
- Under 16's must be supervised by an adult at all times and are not permitted to use the strength and conditioning area or weights machines at any time.
- Only licensed personal trainers are permitted to train members in the Gym unless granted express permission in writing from Warwick Sport. Anyone else undertaking members' training will be asked to leave the gym immediately.
- For full terms and conditions visit our website: warwick.ac.uk/services/sport/terms