

DRC – Gym Area Code of Conduct

- **Do not use gym equipment, boats or ergo's until you have been inducted and signed disclaimer.**
- If you are new to exercise consult your doctor before participating in any activity.
- If you have a medical problem, injury or are pregnant or new to exercise, please make it known before the start of your session/induction.
- It is the responsibility of the users of the equipment to provide club captain/secretary/coaches with information regarding changes to your personal details/medical information.
- If you use gym outside club core hours, then you **must** sign in and out at reception using the gym book (Weekdays – 9 to 4pm, Saturdays all day, Sundays pm)
- Do not leave your kit or valuables in the gym area unsupervised.
- **No free weight exercises to be undertaken where weights impact the floor.**
- **Chest press machine – spotter always required.**
- No one to use weights unsupervised if under 18 years.
- Please don't use wet kit on machines.
- Please put the weights and benches back when you have finished in the gym and leave passage way clear for fire escape route
- Wear supportive footwear and clothing when weight training, not Sandals/flip-flops, jeans, skirts, etc.
- Drink plenty of water to avoid dehydration.
- Mix your exercise programme to include a mix of CV, body conditioning and flexibility, consult coaches for advice.
- Please Clean up after you use the equipment and wipe down machines after use.
- Do not store ergo handles in holders, it stretches the elastic.
- Please report any faults/damage/accidents to club captain/secretary/coaches.