



DRC – Gym area code of conduct 2026

DO NOT use any gym equipment, boats or ergo's until you have been inducted.

- If you have a medical condition, injury or are pregnant or new to exercise, please make it know before the start of your session.
- If you are new to exercise consult your doctor before participating in any activity.
- 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.
- 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.