



## GYM RULES & ETIQUETTE

- Please swipe your card upon entry.
- **Members under the age of 18 are to be accompanied by an adult member at all times during unstaffed hours.**
- Please take care of your belongings.
- Be considerate to others when using the machines.
- Cardio equipment is restricted to 20 minutes during busy times.
- Personal hygiene is important.
- Spray & wipe down equipment after use.
- Please bring a towel to your workout.
- Safe and appropriate enclosed footwear and clothes must be worn and shirt/tops are to be kept on at all times. **Jeans, school uniforms and work clothes are not permitted.**
- Respect other member's space, especially around the free weights.
- Return weights & equipment to their allocated location and/or tidily when finished.
- Please report any equipment damage or faults to management or staff.
- Be courteous and respectful to both gym staff and patrons alike.