

REGULATIONS FOR THE USE OF :

FITNESS GYM



PLEASE NOTE: The Watershed will consider all Memberships and Pay and Play tickets sold as acceptance by the Member/Customer of these Regulations.

- ◆ Gym users must be aged 16 yrs or older.
- ◆ All users will be required to sign in at Reception.
- ◆ Gym only memberships and Gym Only Pay and Play tickets are not entitled to use the Swimming Pool or Health Suite. Gym only memberships can be upgraded to Full memberships and Gym and pool Pay and Play tickets can be purchased at reception.
- ◆ Use of the Fitness Gym and it's equipment is entirely at the individuals own risk.
- ◆ All users are obliged to notify The Watershed of any injuries or pre-existing medical conditions.
- ◆ All new gym users are advised to have an induction with an instructor before using any gym equipment.
- ◆ All users must notify themselves of the correct operation of all equipment and placement of emergency stop buttons if applicable, before attempting it's use.
- ◆ The Watershed advise all users to drink water during exercise and to "warm up" and "cool down" appropriately.
- ◆ Appropriate footwear and clothing must be worn at all times.
- ◆ All gym users are required to carry a hand towel with them.
- ◆ All equipment must be wiped down after use by the Customer, using the disinfectant and paper towels provided.
- ◆ Gym users are not permitted into the Fitness Office for whatever reason, unless a member of staff is present.
- ◆ Shouting and/or the use of inappropriate language is not acceptable.
- ◆ Gym users are requested not to drop or bang weights during use.
- ◆ All equipment such as dumbbells and free weights must be returned to their proper place by the customer after use.
- ◆ Gym users are requested to allow other users to use resistance machines in between sets.
- ◆ All accidents and incidents must be reported to Reception immediately.
- ◆ No food, chewing gum or glass containers are permitted.
- ◆ Absolutely no spitting is permitted on the premises.
- ◆ No mobile phones, cameras or recording devices are permitted.
- ◆ All litter, paper towels and paper cones must be placed in the bins provided.
- ◆ Gym users must store their valuables in the lockers provided
- ◆ All Pay and Play customers must retain their payment receipts for proof of payment.

The Watershed "Code of Conduct" and "Health and Safety Policy" will apply at all times – copies are available on request.

PATRONS MUST CO-OPERATE WITH WATERSHED STAFF AT ALL TIMES

10.May 2013