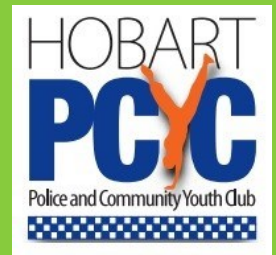


Hobart PCYC Gym Rules



ACCESS

- ◆ Use facilities and equipment at your own risk.
- ◆ Applicable membership forms (including health screening) must be completed prior to entry.
- ◆ User responsibility to consult medical practitioner prior to undertaking any exercise program.

HYGIENE

- ◆ Apply appropriate **SOcial DISTANCING** at all times.
- ◆ Use a towel at all times. **NO TOWEL NO WORKOUT.**
- ◆ **WIPE DOWN** equipment before and after use.
- ◆ Use hand **SANTISER** before and after workout.
- ◆ No food or drinks (except water). No chewing gum.
- ◆ No Smoking.

SAFETY

- ◆ Use all equipment properly and follow any directions carefully. Keep hands away from any moving parts.
- ◆ Use a spotter when lifting.
- ◆ Return weights and any other equipment to its place after use.
- ◆ Collars must be used at all times when using bar bells.
- ◆ No deadlifts at any time—use cage only.
- ◆ Report any damaged equipment to management immediately. **DO NOT USE.**
- ◆ Bags are prohibited in the gym area—see Reception Desk for lockers.
- ◆ Appropriate fitness attire is required. No boots, street shoes, sandals or bare feet.

BEHAVIOUR

- ◆ Always be courteous and respectful of others.
- ◆ No foul or offensive language, grunting or overly loud noises.
- ◆ Report any unacceptable behaviour to management.
- ◆ Do not drop weights or deliberately misuse equipment.
- ◆ Photography or filming of any kind is strictly prohibited anywhere in the Club facility.
- ◆ Follow instructions by staff at all times.



Children in the Gym

Children aged 15+

May access the gym area with parental consent and after completing an induction.

Children aged 12-14

May access the gym area as part of a supervised program.

Children under 12 years

No Admittance at any time.

Thank you for helping to make our Gym fun and safe for everyone!