



Regulations for use of the Gym

PLEASE NOTE: BIRR Leisure Centre will consider all Memberships and Pay As You Go 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 Pay as you go are not entitled to use the Swimming Pool or Health Suite.
- Use of the Fitness Gym and its equipment is entirely at the individual's own risk.
- All users are obliged to notify BIRR Leisure Centre of any injuries or pre-existing medical conditions, as well as any change in status that may occur overtime.
- 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 its use.
- BIRR Leisure Centre 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 to ensure hygiene & long-term maintenance of equipment
- If patrons notice faulty or damaged equipment, they should notify a member of staff.
- Gym users are not permitted into the Fitness Office unless a staff member 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, weight plates, 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 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.
- Inappropriate use of mobile phones, cameras, or recording devices are not permitted. See photography & videography guidelines for details.
- All litter, paper towels, and disposable bottles must be placed in the bins provided.
- Gym users must store their valuables in the lockers provided.
- Use of fitness studio is only permitted outside of scheduled class hours and/or private bookings.
- Sparring/MMA/Combat sports are not permitted in the fitness studio under any circumstances.
- Use of class speaker is permitted, but music must not be disruptive. Studio sound system is out of bounds to everyone except staff.
- Personal training is only permitted with BIRR Leisure Centre trainers. Any member found personal training will have their membership cancelled with immediate effect. Outside parties are not permitted to practice on these premises.
- Management reserve the right to amend and change rules at their sole discretion.

BIRR Leisure Centre "Code of Conduct" and Health and Safety Policy" will apply at all times

PATRONS MUST CO-OPERATE WITH BIRR LEISURE CENTRE STAFF AT ALL TIMES