



GYM CODE OF CONDUCT

- College members can only gain access to the facility by attending an **Induction session** and completing the relevant **application and health form**. After which time their University card will grant them access to the facility.
- Accredited users must not allow **non-members** to use their card or allow non-members to gain access to any of the facilities.
- Fitzwilliam College does not accept any form of **threatening or abusive behaviour** towards its members, guests or staff.
- All members must practice good gym etiquette. This includes, but is not limited to no music out loud (**there is an earphone only policy**), and **no smashing of weighted equipment**.
- ALL members must be **mindful** of others and ensure **no loud or intimidating behaviour**.
- All users must return any weight plates, dumbbells and bars to their appropriate storage space after use, **do not leave bars loaded with weights**.
- All members must **report any abuse, misuse of equipment** or maintenance issues to the Porters Lodge immediately.
- All users are reminded to observe and **abide by the Women's Only Hours**. Failure to do so will result in disciplinary action.
- Every facility user must **comply with staff instructions** in the interests of health and safety and in maintaining the running of the gym.
- **Bags and coats are not permitted in the training areas**. Please use the lockers provided in the changing rooms.
- All members must **wear suitable clothing and footwear at all times**. Training in denim clothing, open-toed sandals, flip flops, socks and bare feet are not permitted in the gyms. **Clean footwear must be worn, outdoor shoes are not permitted**.
- **Food and drink are not permitted in the gym**, except for water/sports drinks in an appropriate container.
- All members are required to **dispose of any rubbish in the appropriate bins** provided around the centre.
- All users must bring a towel to wipe down all items of kit after use (paper towel will also be provided).
- It is good practice to always use the collars provided for any work with the bars.
- Any **spillages need to be reported** to reception as these are a safety hazard to other members.

We appreciate your co-operation and understanding in following these regulations.

Any users failing to adhere to the above will be reported to the Dean and banned from using the facilities.