

## **CLUB RULES AND PROCEDURES**

You must comply with club rules and procedures at all times while using the club. These rules and procedures are designed to allow all members to get maximum benefit from their membership and may change from time to time. You are required to comply with our health and safety requirements. You must respect other members and you cannot take photographs in the club without our permission and the permission of every person in the photograph.

***Please help us make your training as enjoyable as possible by following the Club Rules***

- A towel must be used at all times
- Exercise shoes must be worn at all times
- Please remove the hoodie from your head upon entering the club
- Good personal hygiene is a must always e.g. use deodorant
- Clean equipment after use using spray bottles and cloths provided
- If moving equipment or weight's, please put it back where you got it from
- Do not place weights on upholstery
- Do not drop or bang free weights
- No loose chalk allowed in club
- No food to be consumed on the gym floor
- Treat other members as you would like to be treated
- No foul language will be tolerated
- Evolve is not liable for any personal belongings left or lost while at the club
- No children under the age of 14 allowed in any exercise areas unless by prior arrangement
- You are responsible for your children's actions and cleaning up in the kid's area

## **AFTER HOURS TERMS AND CONDITIONS**

- Entry to the centre after hours is via the door on Eyre Street.
- In the event of a fire, activate the alarm and warn others in the building to quickly evacuate through the nearest exit, once outside call 111.
- You are permitted to use 1st aid supplies from the box for yourself and/or other persons requiring medical assistance within the centre.
- You must be 16yrs or older to use the facility alone *although we would recommend* that you trained with a friend. If you are under this age you must be accompanied by an adult member of Evolve Fitness who is over 18yrs of age.
- You must swipe your key tag every time you enter the facility, even if the door is held/open for you.
- You will be liable for any damage or thefts that occur which you, or any persons you are responsible for, cause to the equipment or physical infrastructure of the club, or for bringing/allowing unauthorised persons in with you and you will reimburse the club via the payment method used to pay your fees.
- Do not adjust any light switches as they are on an automated sensor system. If you turn on a fan or any other electrical equipment, please turn off it before you leave.

\*Note: Failure to adhere to, or breaking any of the above "After Hours Term and Conditions" or "Club Rules" will result in your afterhours access and possibly your membership being terminated. There are security cameras operating and recording within the centre and the "No Entry" areas past the chains are alarmed and monitored.