



THE PARKLANGLEY CLUB

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CODE OF CONDUCT FOR GYM MEMBERS (“the Gym Code”)

This Gym Code must be observed by all Gym members of the Parklangley Club “the Club”, as a condition of membership.

In addition to observing the Gym Code, members must observe the Club’s general code of conduct which is available on the Club website (under Club Governance-Policies).

You must, at all times:

1. Abide by the reasonable instructions of the Gym staff and/or any member of the Club management team in relation to your use of the Gym and/or equipment in the Gym, as well as your behaviour and conduct.
2. Only use the Gym if you have first completed your Gym induction and signed the waiver form.
3. Carry your Gym membership card at all times whilst in the Gym or on Club premises.
4. Must not lend your Gym membership card, for any period, to any other person (whether a member of the Club or not).
5. Must not bring in any guest to use the Gym.
6. Wear clean, appropriate exercise clothing and suitable shoes when using the Gym.
7. Whilst in the Gym, behave in a quiet and well-mannered way which does not disturb or impair the quiet use and enjoyment of the Gym by others.
8. Avoid making or receiving telephone calls or video conference calls whilst in the Gym.
9. Always wear headphones if listening to or watching a device whilst in the Gym.
10. Wipe down all equipment in the Gym promptly after you have used it.



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11. When in the Gym and/or using equipment in the Gym, in the interests of health and safety:
- A. use the Gym equipment in accordance with the instructions you were given at your Gym induction.
 - B. always use safety clips when using the bars.
 - C. select appropriate weights for your level of fitness and experience.
 - D. put Gym equipment away safely and promptly in its designated area following your use of it.
12. In order to facilitate fair use of the equipment in the Gym:
- A. use only one piece of Gym equipment at a time.
 - B. during busy periods, do not use any one piece of cardio Gym equipment for more than a continuous period of 30 minutes or use any piece of strength Gym equipment for more than a continuous period of 15 minutes.
 - C. do not sit on any piece of Gym equipment unless actively using that equipment in accordance with the instructions given to you at your gym induction.
 - D. do not train with more than one training partner.
13. In order to minimise damage to the structure of the Gym when using the free weight training Gym equipment
- A. use only the area of the Gym designated for this activity.
 - B. do not drop the bar from height (save in an emergency, or except on one of the 2 lifting platforms).
 - C. Should you damage the structure of any item within the gym, you must report this immediately to a member of gym staff/club management so that the item/area can be made safe for other users.



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