

# STREETE FIT: RULES & REGULATIONS

The Gym rules are designed to ensure your own safety and the safety of others:

1. A PARQ (Health & Medical Screening form) must be completed before membership is accepted. This form is mandatory and Streete Fit gym has the right to refuse anybody with underlying health conditions. Members must take all necessary medical and professional advice to ensure their safety, to verify their fitness and to confirm their suitability for use of the Gym prior to membership and throughout the course of their membership.
2. Members must use their unique Key Fob on each visit to gain access to Streete Fit Gym and must not share their Access Key Fob with anyone else. Misuse of your access fob will result in termination of membership.
3. The gym will be monitored by CCTV at all times to ensure safety and security of our members
4. On joining, there is a mandatory gym induction. This is to instruct proper equipment use and will be done by a qualified gym instructor. Previous gym users are not exempt and must take the induction. Streete Parish Park will not accept any liability for any claim for personal injury.
5. Gym equipment is to be used safely and properly. If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of Streete Fit staff before using such equipment. Streete Fit will not take responsibility where a gym user sustains injury from incorrect use of equipment.
6. For safety reasons, bags are not permitted on the gym floor. It is essential that the correct attire is worn when exercising i.e suitable exercise clothing and footwear must be worn. Clothing such as jeans, boots, flip-flops/sandals or workwear are not permitted.
7. A small gym towel must be carried to wipe down equipment after use. This is for health and safety reasons.
8. Members are asked to only use the lockers for the duration of their training session. Members are solely responsible for their own belongings whilst visiting Streete Fit. Streete Fit accepts no

responsibility for any loss or damage to personal property. Lost property will be kept until claimed, but for no longer than one week.

9. No use of alcohol, narcotics, tranquillisers, or any medication or other substance which may affect your ability to exercise safely.
10. There will be no tolerance for bad language or aggressive behaviour toward staff or other members on the premises.
11. Gym members must be respectful of others i.e. should refrain from talking loudly, activities that may annoy or distract other users (dropping weights forcefully) or any other form of conduct that is deemed inappropriate by the management and staff.
12. All Gym users must comply with all health and safety matters. If any member has a concern regarding Health and Safety, they must report the issue to Streete Fit staff immediately.
13. Members can join from 16 years, however if you are under 18 your parent / guardian must enter into the membership agreement along with the minor and must agree to accept responsibility for their child's conduct.
14. Only Personal trainers and Physiotherapists/Rehab Specialists who hold a Streete Fit Personal Training agreement can personal train out of Streete Fit Gym. Anyone else undertaking members' training will be asked to leave the gym immediately.
15. Smoking, including e-cigarettes, is strictly prohibited in all areas of the Gym, including at the entrance.
16. Members must inform Streete Fit of any change of contact and email address or telephone numbers.
17. The gym equipment must be put back in the correct place when finished with. Equipment i.e. Weights must not be dropped on the floor to prevent damage or injury.
18. Photos/Videos identifying any other member of the gym without prior agreement is forbidden.
19. By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership. Members' use of the Gym is voluntary. Members voluntarily assume all risks of injury, damage, or loss which may be sustained as a result of, connected with, or in any way associated with their use of the Gym. Streete Fit reserves the right to refuse access or terminate memberships. Any Member found in breach of the rules may have their membership terminated.
20. The Gym shall not be liable for, nor shall it accept responsibility for, any injury, loss or damage however sustained by any person or persons whether arising under the express or implied terms and

conditions of membership, whether direct or indirect and including consequential losses arising out of any of the activities of the Gym or in any way whatsoever which does not arise from any negligent act or omission of the Gym.

**Individuals not adhering to these rules may be asked to leave.**

**Management reserves the right to revoke or cancel membership of repeat offenders.**