

## Terms and Conditions of Using our Gyms

Our gyms are equipped to support a wide range of fitness goals. This document covers safe equipment use, hygiene standards, and behavioural expectations to maintain a positive and motivating atmosphere for all members.

### *Terms and Conditions*

Directly managed Leisure Ards and North Down gyms can be used by those aged 11 years and over.

### Health Commitment Statement

- Before using a gym, users must read and sign (or tick online) our Health Commitment Statement to confirm they understand it and agree to abide by it. In the case of a junior user, the parent/guardian must sign to confirm the above.
- Your health is your responsibility. The management and staff of the centres are dedicated to helping you take every opportunity to enjoy the facilities that we offer.
- Changes to your health – should your health change you must inform a gym staff member as your programme may need to be altered.

### Gym Inductions

- Every new gym member or casual gym user must undergo the initial induction training to ensure they are aware of how to use the facilities and equipment on offer. This includes, but is not limited to, all cardiovascular equipment including treadmills, resistance equipment and free weights.
- It is the gym user's responsibility to ensure they have had their Quick Start induction before using equipment or to book an induction with a member of staff before using the equipment.
- Casual gym users are required to sign the guest register on every visit agreeing to the terms and conditions and Health Commitment Statement for using our gyms.

### Junior Users (11 to 15-year-olds)

- All juniors must hold an active membership, Fitness and Spa, Fitness (including Comber Leisure Centre or Portaferry Sports Centre only) or Child add on, to access gym facilities. This policy ensures proper induction, supervision, and adherence to health and safety standards for junior users.
- Juniors are not permitted to use the gym on a pay-and-go casual basis.
- No young person under 11 years is permitted to use the gym equipment. Most of the equipment provided within the gym is designed for an adult body and may put undue

stress on a child's frame. Further advice on suitable activities for young children can be obtained from centre's gym staff.

- No young person 11 to 15 years is permitted to use any of the resistance machines or free weights stations within the gym. Gym staff can offer suitable bodyweight exercises to develop muscular endurance.
- All juniors must have an induction before using the gym, at which a parent/guardian must be present to sign the induction checklist following the junior's induction.
- Junior members can use the gym at any time during opening hours when accompanied by an adult, 18 years or over, who is also a fitness member.
- Junior members who cannot be accompanied by an adult fitness member can only use the gym during Junior Friendly Gym sessions.
- Adult members are also permitted to train during the Junior Friendly Gym sessions.

## Gym Rules

- Before using a gym, users must read and sign (or tick online) our Health Commitment Statement.
- Every new fitness member must undergo the initial Quick Start Induction. If you wish to use the gym before your Quick Start Induction, you must sign the Guest Register at reception on each visit.
- Casual users who wish to waive their induction must sign the Guest Register at reception on every visit.
- All Juniors (11 to 15-year-olds) must have a Fitness and Spa, Fitness (including Comber Leisure Centre or Portaferry Sports Centre only) or Child add on membership and have an induction before using the gym at which a parent/guardian must be present to sign the induction checklist at the time of the Junior's induction. Junior members are not permitted to use pin loaded machines or free weights, only body weight exercises i.e. chin ups, press ups etc. After four weeks, Juniors may book in for a Junior Strength Induction where they will be shown a variety of pin loaded machines that they can use safely and correctly.
- All gym users must scan their card or book at reception, or where applicable, scan their card at the gym entrance before using the gym.
- Daily wristband (if issued) must be worn at all times whilst in the gym.
- Do not do any exercise or use equipment that you are unsure of. Speak to a member of the gym staff for guidance.
- Service users are expected to dress appropriately for the activity they are taking part in. Training shoes must be worn at all times. This is at centre management discretion.
- Service users are responsible for their personal belongings and should use the lockers provided to store kit bags and personal belongings. Kit/training bags are not permitted in the gym.

- For health and safety reasons and to protect the equipment, avoid dropping equipment e.g. dumbbells, kettlebells, or barbells on the floor. Weights should be returned to the appropriate place after use.
- Wipe down machines after use with the spray and blue roll provided.
- Use spotters in the free weights area when needed. Staff can assist with this if asked.
- No loitering between sets, be respectful to other members and be open to super-setting with other members and sharing equipment between sets. Be aware that other users may be waiting to use free weights.
- Any drinks taken into the gym must be in plastic bottles.
- Only personal trainers employed by Ards and North Down Borough Council are permitted to offer personal training in the gym.
- Service users requiring advice around health and fitness should speak to the gym staff who will be happy to provide appropriate assistance and guidance.
- Limit time on cardiovascular machines to 20 minutes at busy times.
- If you feel unwell at any time, stop exercising immediately and inform a member of staff.
- On occasions, staff may carry out random checks on memberships to ensure the gym is being used by the appropriate people. You may be asked for your proof of membership.
- For safeguarding purposes, taking photographs or videos is not permitted in the gym unless prior permission is received from Centre Management.