

## Use of the Club Gym and Equipment



### Eligibility

- The club gym and equipment may be used by Full (Senior/Junior) and Family club members only.
- Associate B members may make some use of the gym, as appropriate to this membership category.
- No under-16 members may use the gym at any time without appropriate adult supervision.

### Gym Rules

- The gym, and all equipment in it, is used at your own risk.
- If any equipment is damaged or unsafe it should immediately be taken out of use and reported to a Lead Coach or a member of the club Committee.
- Where damage to gym equipment occurs, the committee will consider the circumstances and may pass on the full or part cost of repair or replacement to the individual responsible.
- No dropping of weights at any time – if you can't put it down carefully, don't pick it up!
- Olympic bars, heavy weights, lifting racks, weights benches and bench pull apparatus should only be used on the heavy duty rubber mats.
- The lightweight rubber mats and foam exercise mats can be used for low weight and dumbbell exercises, circuit training, stretching etc. in either the gym or the main club room.
- No gym equipment should be left unattended in the main club room.
- Make sure that YOU put away ALL equipment that you have used when you have finished using it.

### Advice

- Club members, and especially juniors, should have a suitable gym programme to follow.
- Inexperienced gym users should take advice and receive training from an experienced coach.
- Heavy weight exercises should only be performed by experienced gym users.
- The club recommends that all gym users are accompanied.
- Having the correct posture, and doing exercises correctly, is far more important than how much weight you can lift.