

# GYM CODE OF CONDUCT



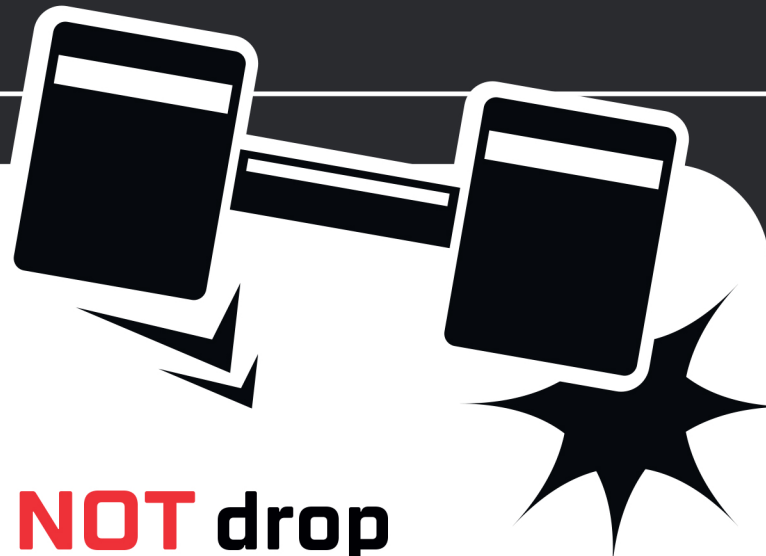
1.

You may only use the equipment and facilities provided by the Gym, in the correct manner and must not use them in any manner, which constitutes a **health and safety** risk either to you or to others.



3.

You must **NOT** drop dumbbells or plates on the floor, doing so is dangerous to others around you and can damage them. You will be liable for the cost of damage or repairs should you be found doing this.



7.

You must carry a towel with you when using the Gym and wipe down equipment after use. If you forget your towel, please **USE THE WIPES** provided from the dispensary stations throughout the gym.



10. Please ensure you bring **appropriate clean clothing** and shoes to wear while in the gym. We may refuse entry or ask you to leave should your clothing and/or footwear be inappropriate.

14.



You must request prior permission from management before any filming or photography may take place within the Gym.

4. **Do NOT** train other people,

whether for free or for financial gain. We monitor the gym CCTV along with social media. Any coach or PT abusing their membership and the facilities to train clients from will have legal action taken against them along with their membership access revoked.

5.

Treat all members, visitors and staff with **respect**. We take a zero tolerance stance in respect to abusive, threatening or violent behaviour.

8.

You should not use the Gym when under the influence of **alcohol or drugs**.



11.

**Do not** remove your t-shirt or vest while training.

13.

No excessive grunting or shouting while training.

15.



**We do not allow smoking** inside the Gym or anywhere else on the Gym's premises (including outside areas) the car park is private property and we request that you do not smoke outside the building.

**Do not leave equipment on the floor. You must return all equipment and weights to the appropriate racks provided throughout the Gym.**

2.

10k

12k

14k

16k



**Do not leave weight plates on the equipment or the floor after use. Remove them and return them to the appropriate rack.**

6.

9. **STERIOD**

**use** is a personal choice, however, we operate a **zero tolerance** policy in our facilities. This includes personal use of or the sale of steroids on gym premises.



12. Members must not partake in sparring sessions outside of Vision operated classes.

16. Do not open Fire Doors or Windows.

17. Do not adjust the radiators or sit on them or the protective timber frame.

**VHF**  
**VISION HEALTH**  
**& FITNESS**

We wish to maintain a safe and friendly environment for all members to train in. Please respect these rules that provide a guideline for good gym etiquette and appreciate that you are not the only person using the facilities. Members found to be blatantly ignoring these simple rules may find their access temporarily revoked. Persistent abuse of the facilities or these rules will result in termination of your membership.