



Hockley Gym Members Code of Conduct

Equipment

If you can't put it down, don't pick it up. Or ask for a spot.

If you can't put it back, don't move it.

If you sweat on it, wipe it down.

Not sure how to use it, ask our team!

Respect for Others

Users must wipe equipment before and after use, using the blue paper towels and cleaners provided.

Equipment must be made available to any other user within a reasonable time.

Users must not shout, use foul or abusive language or behave in a threatening or intimidating manner towards any other user.

For safety reasons, bags are not permitted onto the gym floor please use lockers provided (Keys available from reception).

You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. Hockley Gym reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.

You should not use the club if you have an infectious illness or condition, for example if you had sickness or Diarrhoea you should not attend the gym for at least 48hours. If you have experienced any covid-19 symptoms or have been in contact with anyone that has you must not attend the Gym for 14 days.

You must respect social distancing advice at all times

We will be guided by the advice of NHS choices and as some infectious diseases can cause serious harm to other members with weakened immune systems we may ask for doctor's certificate.

Once you have finished your workout please leave the gym

Personal

All users of the Gym must be active paying members

All members should pre-book a workout slot on-line

Members must always bring their membership cards and swipe into the gym on every visit

All users must use hand sanitiser on arrival and departure at the gym.

Footwear and clothing must be clean and free from odors.

Appropriate exercise clothing must be worn when using the facility. No sandals, jeans, string vests or open toed shoes are to be worn. Tops must be worn at all times in the gyms.



Users must inform the gym staff of any changes to their health which would result in a change to their responses to the screening questions.

Users must abide by instructions related to health, safety and appropriate conduct as issued by the gym staff and must also follow written health and safety instructions.

Members are solely responsible for their own belongings whilst visiting Hockley gym. Hockley Gym accepts no responsibility for any loss or damage to personal property. Members are asked to only use the lockers for the duration of their training session. Lockers will be emptied at night and member's items removed to lost property.

Cars are parked at the owner's own risk, please be mindful of other users and be aware that Eldon Way has parking restrictions between the hours of 10-11am during weekdays.

If you suffer an accident or injury on our premises, you must report it and the circumstances under which it happened to the manager on duty immediately.

Under 16's must have completed an induction and have their PARQ signed by a parent or guardian. And may not use the weights until they have been shown by a member of the gym team.

Respect for the Facilities and Service

Users must be in possession of their membership ID card at all times and must use their cards to access the facilities for which they are entitled, if you do not have a membership card you are required to wait at reception until a member of the team can check your booking.

Please do not take photographs/videos on the premises or post remarks to the internet that may identify another user.

You must be up to date with your membership payments.

Only personal trainers that have a formal agreement with Hockley Gym are permitted to train members in the Gym. Anyone else undertaking training with members' will be asked to leave the gym immediately.

You must not behave in an aggressive, abusive, anti-social or threatening manner to any staff or member, any one doing so will have their membership terminated immediately, Hockley Gym reserves the right to contact the Police if deemed necessary

Smoking, including e- cigarettes are strictly prohibited in all areas of the gym and in the parking area. Any member found to be breach of this rule may have their membership terminated.

Failure to adhere to our code of conduct could result in a cancellation of your membership