

# **Stockton Town Football Club Gym Rules and Regulations Agreement**



**Stockton Town Football Club**

**Effective Date: 18/09/23**

**Document Owner: Stockton Town Football Club**

## Gym Use Rules and Regulations

### General

1. Your gym membership will be stored on you STFC members card. You **MUST** have this with you in order to enter the gym. No card means no entry.
2. Correct footwear must be worn for gym activity. No inappropriate footwear can be worn whilst in the room and please ensure footwear is clean before entering the gym.
3. Members must wear appropriate clothing for training activity. Tops must be worn at all times. Any form of denim is unacceptable.
4. Please respect other gym users by maintaining acceptable standards of personal hygiene (effects of exercise taken into consideration). It is recommended that users bring a small towel or regularly use the tissue provided.
5. Members are expected to behave in a reasonable and responsible manner at all times, showing respect for other users of the facility and Teesside Sport staff.
6. Members must make every effort to secure their own property, to consider others property and that of STFC. Personal items will not be stored by STFC. Lockers are provided where possible and no personal belongings should be stored in the changing rooms at any time.
7. Lockers must only be used when you are using the facilities and at no other times. Any items left in lockers or in changing rooms will be removed at the end of the day by STFC staff.
8. Membership cards will cease allowing access to the gym 15 minutes prior to close. All facilities must be vacated by closing time. Therefore, you must finish you activity in time to have vacated the building by closing time.
9. Consumption of food or alcoholic beverages is prohibited inside the gym room or changing facilities.

Failure to adhere to these rules and regulations may result in suspension or termination of your gym membership.

## Further Rules and Regulations

### The gym including free weights and lifting area

1. All new members must fill out all required paperwork to say they have read rules and regulations and adhere to the overall membership criteria of the gym.
2. All equipment must be used in a safe and sensible manner.
3. Additional weights must not be placed on any of the fixed weight machines.
4. All members are required to consider other gym users. For example, users should limit their time spent on one piece of equipment to no more than 20 minutes during busy periods. Groups are also asked not to over-crowd areas of the gym.
5. Please wipe down machines after use.
6. Gym users are required to ensure they are training safely and not endangering themselves or other users. This will not be judged at the discretion of facility staff, not the gym user. Safe useage includes (but not exclusively) the following:
  - a. Ensuring weights are lifted with safe technique at an appropriate load and within an appropriate space.
  - b. Explosive lifting such as Olympic lifts or their derivatives must be performed in appropriate areas and weights mustn't be dropped to the floor.
  - c.
7. The running area must be kept clear at all times of equipment and none users.
8. No weights are to be taken onto any of the cardio machines
9. All bars and weights must be returned after use to their correct storage position. It is the responsibility of all free weight users to keep this area safe and tidy.
10. We recommend all gym users speaks to a member of staff for advice prior to using free weights for the first time.