

Extended Services Junior Gym

Fitness Suite Rules and Code of Conduct

To ensure the health, safety and enjoyment of all gym users, the code of conduct below must be followed. You must sign to say that you agree to this and get a Parent/Carer to countersign the consent section. Return it to a member of the Fitness Team when you sign up for membership.

1. All junior gym members should have received an induction in PE lessons or have an induction with a fitness instructor. Always ask if you are unsure of how to use equipment.
2. No spectators are allowed in the fitness suite.
3. Safe and appropriate sportswear must be worn at all times. Sports footwear is mandatory. Strictly no bare feet or flip flops.
4. No glass bottles or cans are allowed. Water is available so you are advised to bring a refillable plastic bottle as drinking directly from the water fountain is discouraged.
5. No food is to be consumed in the gym.
6. The use of alcohol or illegal drugs are strictly forbidden.
7. We will not tolerate any foul or abusive language to staff or other users.
8. The use of mobile phones is limited to listening to music only. Phone/video calls are not permitted in the fitness suite (you should leave the gym area to make calls) and you must not take photographs in the gym or the changing rooms.
9. Please respect the equipment and wipe off any perspiration after use with the provided cleaning materials. Dispose of any litter in the bins.
10. Please report any faulty equipment to Fitness Suite Staff.
11. Equipment must not be moved, modified or used in a manner other than for which it was intended.
12. Do not leave equipment on the gym floor as this could cause trips and falls. Use the storage racks provided.
13. Please inform the Fitness Instructors of any changes to your fitness or ability to use the equipment safely and healthily. Advice can be sought on modifications to your workout.
14. Spin bikes should not be used by Junior Gym members.

I _____ agree to adhere to the Fitness Suite rules and code of conduct and understand that my failure to comply with these rules may result in a suspension or termination of membership.

I understand that membership of the Junior Gym is a privilege given to those who behave in a way that is in accordance with the school's Values Driven Expectations and membership may be suspended if my conduct falls below these expectations.

Signed: _____ Dated: _____

I _____ parent/carer of the above student give consent for my child to use the Fitness Suite for as long as they adhere to the above code of conduct and School VDE requirements.

Signed: _____ Dated: _____