

# Gym Policy

## Conduct

- Patrons must respect their fellow gym users at all times.
- Patrons must observe directions/instructions given by Sport UNE staff.
- Derogative comments or abusive language will not be tolerated.
- Inappropriate or disruptive behaviour will not be tolerated.

## Access

- Access to the gym is available during advertised times only.
- Entry to the gym is via the Centre reception after your admission is recorded on the Sport UNE point of sale system.
- **Towels** must be taken into the gym and used on the equipment during a workout.
- Please depart the gym 10 mins prior to Sport UNE's Centre closing time.

## Apparel

- A minimum of a singlet top or crop top and shorts at all times in the gym.
- Covered footwear to be worn at all times. Sandals and thongs are not permitted.

## Gym Equipment

- In consideration of your fellow patrons please:
  - Return weights to their weights stack after use.
  - Don't drop weights or leave weights lying on the floor.
  - Complete the booking board for the cardiovascular equipment *BEFORE* using the cardiovascular equipment on the mezzanine floor.
  - Vacate equipment when not in use (i.e. do not rest on machines).
  - Wear gloves when using the boxing equipment.
  - Reserve/use only ONE piece of equipment at any time, unless approval is obtained from gym staff on duty.
- Some/all machines may be restricted to some patrons.
- A hazard assessment on each machine will be performed for persons aged between 12 and 15 years.

## Age Restrictions

- The minimum age for gym patrons is 15 years and above (subject to conditions below).
- Entry between age 12 and 15 years can be granted providing that:
  - parent/guardian approval is provided, and
  - suitability has been assessed by Sport UNE staff, and/or
  - a Doctor's referral is provided, and
  - constant supervision is provided by a parent or guardian
  - Gym Attendants are on duty
- Entry under the age of 15 years can be granted if the child is a part of a scheduled program or a participant in:
  - A sporting team, junior athletics squad, school group
  - A special physical activity program conducted by the centre
  - A water or swim class
  - Other supervised or structured activities
- All school groups will adhere to the Sport UNE policies.

## Assistance

- Please inform reception, or our gym staff, of your special requirements prior to your visit so that we may better accommodate your needs.

**Please note: Failure to comply with the above rules could result in Sport UNE asking a patron to leave the premises or, if considered serious, revoking their membership.**

*Find Your Balance*



P: 6773 3856 E: [sportune@une.edu.au](mailto:sportune@une.edu.au) W: [sportune.com.au](http://sportune.com.au)