



Hillhead Sports Club

## Gym Code of Conduct

You are only permitted to train within the Gym if you have completed the Physical Activity Readiness Questionnaire (PARQ).

If you have answered yes to any of the questions in the PARQ, or are over 69 years of age - you must consult your Doctor to confirm that it is safe for you to exercise in a fitness gym.

\* Machines/seats must be wiped down after use – “blue roll” and sanitising spray will be available which should be disposed of in the bins provided.

- Free weights and bars must be wiped and returned to the rack after use
- A water bottle (shatterproof) can be used within the Gym
- No food or drink (excluding your own water) to be brought into the Gym
- The toilets and showers in the Tennis corridor on the left as you exit the Gym should be used
- If the Gym is busy, time on cardio machines should be limited to 20 minutes per machine

\* Please be courteous to other members at all times

There is a first aid bag hanging on the door and a defibrillator on the wall immediately outside the door. Any accidents within the Gym must be reported to Denise Gibson, HSC Gym Manager.

If you require help with anything related to the gym or have a suggestion, please get in touch with Denise on 07906 504407 or email [denise.gibson1968@gmail.com](mailto:denise.gibson1968@gmail.com).