**GYM USE POLICY**

**General rules for the benefit of all users:**

* Please wipe equipment/mats/benches after use.
* If you wish to listen to music; please wear headphones.
* Before entering, please ensure muddy shoes are removed.
* Please leave all areas as you found them and report any issues/defects to a member of staff.

**Guests/Personal Training:**

* Residents are permitted to signing in a maximum of 4 guests unless it is a pre-booked event.
* Guests are only permitted to use the facilities when accompanied by their host.
* If any registered user chooses to sign in as a guest, someone who will be providing them with instruction, details of their qualifications, insurance cover and current DBS certification must be lodged at the estates office. Such activities are not covered by any aspect of NEMC insurance in place for use of the leisure facilities.

**Health and Safety:**

* A Gym Induction is recommended before use; please see a member of staff to book an appointment free of charge.
* Gym users must be aged 16 and over.
* No glassware is permitted in the Gym.
* Use the lockers provided in the changing rooms and leave the keys in the lock when you have finished.
* Users should not undertake any physical activity for which they are not fit and are responsibe for ensuring their safe use of the facilities and their physical fitness to use them.

**Other:**

* At all times, ensure the Leisure Suite Rules are adhered to.
* If you are the last person to leave the gym please turn off the lights.

**THESE RULES ARE FOR THE SAFETY AND BENEFIT OF THE FACILITY USERS.**

**ANYBODY FOUND CONTRAVENING THE TERMS OF THIS NOTICE MAY RECEIVE A WARNING AND SUBSEQUENTLY BARRED FROM USING THE FACILITIES.**

* The Facilities close at 9pm weekdays and 7pm weekends, please ensure you are ready in time to vacate the premises.

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**Liability:**

The liability of the Nether Edge Management Company (in which all leaseholders are shareholders) for damage or loss to users’ property is striclty limited to any damage or loss suffered as a direct result of negligence.

If a user and/or their guests suffer a loss, accident or injury on the premises, this should be reported, together with the circumstances in which it occurred, to staff, who will record the details.

No liability whatsoever is accepted for any loss, accident or injury to any person who is not a registered user of the Leisure Suite.