



All participants of Sport UNE's gym (including the Cardio Zone), must abide by the following guidelines at all times:

Gym Accreditation:

For insurance purposes, all gym participants must have completed a Sport UNE Gym Accreditation before using any equipment (including the Cardio Zone). Proof of capability as demonstrated by membership held elsewhere will be accepted, as will a Gym Waiver for non-local participants, as a form of Gym Accreditation.

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 Customer Service Reception desk after your admission is recorded on the Sport UNE point of sale system (via swiping/scanning your current membership card).
- Towels must be taken into the gym and used on the equipment during a workout. Patrons are also encouraged to bring a water bottle with them during their workouts.
- Please depart the gym 10 minutes prior to Sport UNE's Centre closing time.

Apparel:

- A minimum of a singlet top or crop top and shorts must be worn at all times within Sport UNE premises.
- Covered footwear is to be worn at all times. Sandals and thongs will not be tolerated.
- Patrons are reminded to maintain personal hygiene (ie., deodorant) at all times whilst in the gym.

Gym Equipment:

In consideration of your fellow patrons please:

- Return weights to their weights stack after use.
- Do not drop weights or leave weights lying on the floor.
- Complete the booking board for the cardiovascular equipment *BEFORE* using the cardiovascular equipment in the Cardio Zone.
- 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.
- 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 personal trainer.

Entry under the age of 15 years can also 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; or
- Other supervised or structured activities

All school groups are required to adhere to Sport UNE's School Groups Policy and other Sport UNE policies accordingly.

Assistance:

Please inform Customer Service 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, with membership suspension, membership cancellation, and/or permanent restriction from Sport UNE allocated to that patron if deemed serious.