

Benched 24/7 Rules and procedures.

1 - Entry to the Gym.

- **No key? No problem:** You must use your keyless fob or PIN to gain entry, this must be used by YOU only. Anyone caught using your PIN or keyless fob will result in contract termination due to security reasons. If you lose your fob, a replacement can be bought for £5.00. A temporary PIN will be issued to you until your replacement fob arrives.
- **Monitoring traffic:** If for any reason your fob or PIN does not work, use the sign in/out book provided. If you train outside of standard staffing hours and you need to gain entry, then please contact the gym to arrange entry. We do have trainers working out round the clock due to their commitments so gaining entry shouldn't be a problem.

2 - Use of the equipment.

- **Three's a crowd:** Unless you are doing supersets with a group, only one person to a machine at any one time. Under no circumstances is more than one person allowed on a machine. If you are caught ignoring this, one of our trainers or a member of management will ask you to leave the gym floor.
- **No room for showboating:** Please use a spotter for those heavier bench presses (we like our members to leave as healthy as they entered).
- **Keeping a tidy house:** Members are expected to leave the free-weight area how they found it so please re-rack your weights after use, this is mainly for Health and Safety reasons but it's also good gym etiquette, guys. Lifting belts, grips and handles are to be placed back on to the stand provided.
- **Fresh and clean:** Hygiene is a **MUST** so please ensure you have a towel with you before entering the gym floor, if you have forgotten one then we can provide you with a clean fresh towel for a charge of £2.50. These can be obtained at the reception desk.

3 - Changing facilities.

- **SOCIAL DISTANCING:** To stick to social distancing, a minimum for two people is allowed in the changing room at any one time. This is subject to change.
- **Bathroom manners:** The changing rooms are to be kept as tidy as possible, please make sure when exiting the showers that your feet are dry to avoid slippage, there is a wet floor sign in each changing room if needed. Toilets are regularly monitored, cleaned and stocked but if for some reason you find something missing, please have a quick chat with us and we'll sort it.

4 - Allocated parking.

- **Save you a spot?** We have free parking but in the case of us being busier than normal, you can use the car park across the road. You must come to us for a pass to avoid incurring a penalty from their private parking firm. These can be found at the reception desk. Once you've finished your session, please make sure you return it for someone else to use.

5 - Cleaning equipment.

- **Clean as a whistle:** Once you have finished using your equipment you **MUST** wipe down with the anti-bac spray and cloths provided, please don't use your sweat towels! When you first enter the gym floor these can be found at the cleaning station in front of you, please take one, always keep it with you and use when needed. These are replaced and refilled regularly.

6 - Keeping a safe distance.

- **One way is the new way:** We have a one-way system in place so please follow it. This ensures a steady traffic flow throughout the floor to maintain distance between members.

7- Zero tolerance to intimidation.

- **Negative free zone:** We operate under a zero-tolerance procedure towards bullying, intimidation and aggression. If you see any of the above, then report this to a member of staff. If you see any confrontational behavior, please keep your distance and do not engage. Our staff will resolve the issue.

8 – Drug and alcohol misuse.

- **Benched 24/7 is a sober 24/7:** Use of alcohol and or drugs is not permitted on the premises, if you are found to be under the influence of either then you will be asked to leave the premises. This will **NOT** result in termination of your contract. If you find out that another member is under the influence, then please report to a member of staff. If they are using equipment then please do not approach, simply contact staff.