



## **Code of conduct and conditions of gymnasium usage**

Please note - some of the conditions below only apply to Full Club Members and Coaching staff using the facility unsupervised. However, we encourage all trainees to acquaint themselves with all of the conditions and actively involve themselves in upholding all standards.

Gym floor usage and code of conduct;

- Trainees shall present themselves in a manner fit for purpose. Correct clothing and footwear, specific to relevant discipline shall be worn.
- Trainees shall work with diligence regarding technique and intent as to their training objective.
- Trainees shall be punctual and understand the dangers involved in failing to prepare adequately for sessions.
- Trainees will never distract or interfere with other trainees during a coached session unless specifically required and/or instructed to do so.
- Trainees will adhere to basic acceptable standards of personal hygiene at all times whilst present in the gymnasium.
- Trainees shall not belch, spit or expel any other bodily fluids or gases during training.
- Equipment must always be replaced correctly after use - no exceptions.
- Where possible and when required trainees shall share space and equipment in a considerate and cooperative manner.
- No free weights, and especially dumbbells, may be left on any raised platform or bench and left unsupervised.
- Sweat must be cleaned up.
- Mobile phones, ipads and other hand held devices are not permitted on the gym floor. Coaching staff are permitted to use devices specific to coaching requirements. Any such devices must be stored on the shelving provided when not in use.
- Any witnessed damage to the building, fixtures, fittings or gymnasium equipment should be reported immediately to a member of coaching staff or management.

- Trainees are forbidden from performing un-coached, unsupervised and improvised techniques on the high bars, rig and parallel bars. Techniques such as spins, jumps and kipping pull ups are strictly forbidden.
- No personal belongings may be brought onto and left on the gym floor during training. All belongings should be left in the changing rooms and locker area.

#### General usage conditions;

- Trainees shall inform the relevant coaching staff/management of any acute medical concern or injury.
- Trainees shall also provide full and detailed injury/medical history prior to the commencement of any exercise at Motus Strength (parQ completion).
- Trainees shall provide full details of any prescribed, or otherwise, nutritional and/or supplementation protocols being used. It may be a condition of participation at Motus Strength that certain protocols are ceased prior to commencement with us.
- Trainees may not present for exercise in a “fasted” state.
- Trainees may not present for exercise or any other services delivered within the facility under the influence of alcohol, recreational drug, or banned performance enhancing drug/substance.
- Any accidents shall be reported in the appropriate manner, (accident book).
- Trainee’s and member’s belongings are brought to and left on the premises entirely at the risk of the trainee/member. We will accept no responsibility for the loss or damage of such.
- Full Members are not permitted to bring guests into the gymnasium without consent of the management.
- No 3rd party unknown to Motus Strength and as such not licensed or employed/contracted by us is permitted to perform coaching duties on the premises.

#### Full Members usage;

- Full Club Members are permitted to use the gym floor during opening hours. Exceptions apply to this, such as during certain scheduled events when the entire gym is required. The precise availability for Full Members “Free” usage will always be displayed in the facility on the club notice board, on social media and on the online booking schedule.

Failure to uphold our code of conduct and safe participation standards will render you liable to be permanently excluded from any involvement with Motus Strength.