

Sheffield Telecom Fitness Club

Etiquette/rules for gym users

- On attending the gym, all users must wear suitable clothing and footwear for the gym environment. The following are not permitted as they do not provide adequate protection or a safe range of movement; sandals of any description, jeans, leisure boots or shoes.
- All bags and valuables are to be kept away from the immediate vicinity of the equipment.
- Due to the electrical nature of some of our equipment, users are asked to refrain from bringing canned drinks into the gym. Screw cap and Sports bottles are recommended and can be filled from the water fountain.
- All users are requested to bring a small towel into the gym to remove any perspiration from the machines after use.
- For safety reasons, machines should not be modified in any way, either to make an exercise easier or harder.
- To maximise comfort for all, users are requested to dispose of their water bottles, cones, tissues and other litter in the bins provided.
- Our gym is available for people of all abilities to enjoy; users are expected to behave in a considerate manner towards others at all times.
- The gym may only be used with the hours specified by BT Security, i.e. 6.00 a.m. to 7.00 p.m. Monday to Friday, and 6.00 a.m. to 5.00 p.m. on Saturdays. Use outside these hours could result in the facility being withdrawn by BT.
- All legitimate users will be given the access code, do not let anyone in who does not know the code. No children are to be brought into the gym.
- All users have to be members of the Sheffield Telecom Sports and Social Club and have to have paid their annual gym fee. All gym fees will be re-invested into the gym (so it is in your interest to make sure that non-members do not use your facilities).
- Club Membership cards must be brought into the gym and placed in the tray by the door. This is a safety rule in case anyone is training by themselves and is found unconscious they can readily be identified.

Your help is appreciated in ensuring a quality-training environment for all users of the Sheffield Telecom Fitness Club.