



CODE OF CONDUCT FOR CLIENTS:

To ensure the enjoyment of all gym users, and the safety of all gym users and our staff, we ask you to please follow this code of conduct:

- Gym members should endeavour to use the gym facilities outside of the busiest times, which are typically weekdays 9.30am – 12pm, when NHS referral appointments take place.
- All gym users must complete a PARQ health form and have a free induction. Gym users who enjoy complimentary use of the facilities, including hotel guests and YMCA residents, do not require an induction, but use facilities at their own risk and should seek advice from gym staff if needed.
- All gym users must sign in and out using the paper sign-in register on entering and leaving the gym.
- Gym users should make themselves aware by asking gym or hotel staff of the nearest Fire Exits and gathering points, should an evacuation occur.
- The Beach Wellness operates a zero-tolerance policy regarding inappropriate or abusive language, aggressive, threatening or intimidating behaviour, the carrying of weapons, or the use of gym equipment whilst under the influence of alcohol or illegal drugs. We reserve the right to terminate membership and gym use in these rare instances.
- Please respect the equipment and clean each piece thoroughly, using the cleaning materials provided, after each use.
- All bags and valuables should be stored in the lockers provided.
- Safe and appropriate sportswear, including clean footwear, must be worn at all times.
- Plastic and reusable drink bottles are allowed only – no glass.
- At busy times equipment is limited to 15 minutes per machine.
- Please report any equipment faults to the gym staff on duty.
- Please deposit litter in the recycling or waste bins provided.