



MAKE THE
COMEBACK

Fitness Suite Etiquette

1. Sessions must be pre-booked and will be limited to 1 hour. If you arrive late, entry will be refused.
2. Be respectful of all other people in the facility and always adhere to physical distancing measures and one-way systems.
3. Arrive between 5-10 minutes before your session.
4. Visit reception and record your attendance. A ticket must be handed to a member of fitness staff on arrival to the fitness suite.
5. Staff will perform 'ad hoc' checks of member cards.
6. Wear appropriate exercise clothing and training shoes. If in doubt about what to wear, please speak to your instructor.
7. Please do not enter the fitness suite until instructed to do so by staff.
8. Please respect physical distancing to ensure the safety of our staff and other customers.
9. Please read the **Health Commitment Statement**.
10. Do not bring personal towels with you. Use hygiene wipes provided.
11. Please bring your own fluids as water fountains are out of use.
12. No children (under 14) are allowed access to the fitness suite.
13. Please refrain from dropping or banging weights.
14. No personal belongings should be brought into the fitness suite. Items left within the fitness suite may be removed by staff and placed in lost property.
15. Misuse of equipment may result in injury and/or damage. Please ask staff for assistance if you are unfamiliar with any equipment.
16. All weights, including discs and dumbbells, should be placed back on the racks provided. No weights should be left on any machine. All weights must be disinfected after use by using the wipes provided.
17. Accessories must be placed back in their proper location and must be disinfected before being returned.
18. No chewing gum.
19. Be considerate of other members exercise space. Floor space and machines cannot be reserved. Where possible please work in with others.
20. Please note a 20-minute time limit on CV equipment will apply.
21. Please consider personal hygiene.
22. If coughing or sneezing, please do this into a clean tissue which is safely discarded into the bins provided. Alternatively, cough or sneeze into your elbow.
23. Follow company and staff guidance by disinfecting machines and equipment before and after use with the wipes provided.
24. Please read and be aware of our booking and cancellation policy. Failure to adhere to this policy may result in booking privileges being removed i.e. booking a gym session and not attending.
25. Please follow the instructors' guidance. Modifications can be provided for all exercises.



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ELEVATE
FITNESS CLUB