



GYMNASIUM TERMS AND CONDITIONS

Please read and sign through these terms and conditions prior to using the gym facilities.

DISCLAIMER: Claremont Property Holdings Limited cannot accept liability for any injury, illness or damage to person or property whilst using the gymnasium facility. Users take part at their own risk.

GENERAL RULES OF GUIDANCE:

- 1) Before starting to use the gym for the first time or after a period of relative inactivity, please consult your own G.P. regarding your current health suitability to start/resume physical exercise.
- 2) If you are suffering from a medical condition and you want to use the gym facility, this must be disclosed to Claremont Property. The company may ask you to obtain a letter from your G.P. stating that you are fit to use the facilities.
- 3) Do not use the gym if you are feeling unwell or have an injury which might be aggravated through physical exercise.
- 4) Do not wear clothing which might catch on any part of the equipment or could be otherwise considered inappropriate.
- 5) Before starting any training session, please loosen up with stretching exercises.
- 6) Do not use any equipment unless you are familiar with how to operate it safely. You must first read the relevant user/operation manual.
- 7) You should never over tax yourself to the point of exhaustion or heighten the risk of physical injury. Anyone found to be taking non-prescribed drugs specifically to gain bulk, increase stamina or facilitate harder training will be banned from the gym. Aerobic exercise equipment should be used within certain heart rate limits. These are indicated on equipment and around the gym. It is advisable to monitor your heart rate using a Polar heart rate belt and wristwatch, available from JJB Sports and similar stores. If you start to feel un-well, then stop and seek medical advice.
- 8) It is advisable to replenish fluids by drinking plenty of water.
- 9) If you notice that any piece of equipment is defective in any way, please report this immediately to Reception/Concierge or the Office on the ground floor.
- 10) If you sustain an injury during your work-out, you must report to the 24 hour Reception/Concierge. It is important that entry be made within the accident record book.
- 11) In the interest of hygiene please take with you and use a towel to clean surface areas.
- 12) In the event of a Fire Alarm, you must leave the building by the quickest practicable means. The 1st stairwell as you leave the gym is the first designated route. The second alternative is via the 2nd staircase which is accessible from the 22nd floor communal corridor (past the lifts and turn right).
- 13) You must never try to use an item of equipment for any other than its intended purpose.

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REGISTERING FOR THE GYM:

- 1) Please pay a £50.00 damage deposit to: **Claremont Property Holdings, Yorkshire Bank, A/C: 2187 2257, S/C: 05-08-03. Reference needs to be your apartment address with the word 'gym' (i.e. 355Brontegym).** This will be returned when you vacate your property or hand in your gym ID, subject to any damages relating to your gym usage.
- 2) Provide us with a passport sized photo for your gym ID.
- 3) Once we have received payment, this signed form and your passport sized photo we will create a gym ID for you to use.

USING THE GYM:

- 1) The gym is open every day between the hours of 8am and 8pm.
- 2) You will need to sign out a key at reception and sign it back in once done.
- 3) We operate a three warnings disciplinary procedure for not complying with the above terms and conditions and for any other anti-social behaviour. After three warnings your access will be denied and your gym deposit will be at risk.
- 4) Up to 15 persons max will be able to use the facilities at any one time.
- 5) You cannot under any circumstances bring a guest into the gym. This would violate our health and safety regulations.
- 6) Please note for your safety and the safety of those around you that CCTV is in operation at all times.

Please sign below as a record of having read and understood the above and retain this copy.

Name (Print) _____

Apt No _____

Signature _____

Date _____