

Code of Conduct

- In the event of the fire or fire alarm please exit the building using the closest fire exit and meet at the assembly point (the Colleges main car park). AWP users are to assemble at the East End of the pitch (near the housing estate).
- For all first aid incidents please report to the Sport Centre Reception.
- Familiarise yourself with the centre's opening hours to avoid disappointment.
- Be courteous to other users and staff of the facility at all times.
- You are allowed to access the fitness suite once the reception desk is open.
- Swipe your membership card on the till computer at the Sport Centre Reception.
- Users to wear appropriate exercise clothing and indoor shoes.
- All valuables to be stored in the lockers provided as the College will not be held responsible if any of your belongings are lost or stolen.
- Thoroughly wipe down equipment after use with the blue roll as provided.
- Do not touch the music system, please see a member of staff if you have a query.
- Do not eat in the facility.
- Place all rubbish in the bins provided.
- Inappropriate behaviour, conversations or language will not be tolerated.
- Conversations should be held away from equipment so that others can use them.
- Equipment is for everyone to use, please do not claim a piece of equipment for the duration of your workout.
- Ask staff members if unsure of technique or for support.
- Report any damage to the equipment immediately to the sport reception.

The Resistance Machines

- The exercise performed should be controlled and smooth at all times.
- The weight resistance should be manageable and appropriate for the intended exercise as lifting too much weight can result in injury to you and may damage the equipment.
- It is recommended that when resting you stand next to the equipment rather than sitting on it to allow others access.
- Return cable jungle attachments, exercise mats and dumbbells after each use to their appropriate storage area.

The Cardio-Vascular Equipment

- Ensure that the speed and resistance on any CV machine is manageable, failure to do so can result in injury to you and may damage the equipment.
- It is recommended to attach the safety clip when operating the treadmills.
- All clothing should be tucked in when using the rowing machines and shoes secured.

Strength Training Room

- Familiarise yourself with the time of private bookings to avoid disappointment.
- Train responsibly using proven techniques and safety precautions.
- Respect people's space, and do not walk on lifting platforms whilst in use.
- With exceptions of performing the Olympic lifts, please lower weights to the floor under control to save damaging the equipment and the flooring.
- When using bars, use the safety collars as explained during your induction.
- Return all equipment after use and return weight plates to their storage areas as indicated.

Failure to comply with these set procedures could result in the refusal of your custom in the future.