

## **Sport and Well-being Rules & Regulations**

### **General**

1. Your sports membership will be stored on your TUSC. Entrance to all facilities requires you to swipe your TUSC. Therefore, you must have this with you in order to access all Sport and Well-being facilities. No card means no entry.
2. Correct footwear, appropriate to your chosen activity, must be worn when using all Sport and Well-being facilities. Please ensure footwear is clean before wearing it in the gym.
3. Members must wear appropriate clothing for their activity. Tops must be worn at all times. Any form of denim is not acceptable.
4. Please respect other gym users by maintaining acceptable standards of personal hygiene (effects of exercise taken into consideration). It is recommended that users bring a small towel whilst using the gym.
5. Members are expected to behave in a reasonable and responsible manner at all times, showing respect for other users of the facilities and Sport and Well-being staff.
6. Members must make every effort to secure their own personal property, to consider other's property and that of the University. Personal items will not be stored by Sport and Well-being. Lockers are provided where possible and no personal belongings should be left in the changing rooms at any time.
7. Lockers must only be used when you are using the facilities and at no other times. Any items left in lockers will be removed to University lost property on a daily basis.
8. TUSC access to all facilities will cease 30 minutes before closing time. All facilities must be vacated by closing time. Therefore, you must finish your activity in time to have departed the building by closing.
9. Consumption of food and/or alcoholic beverages is prohibited in all activity areas and changing facilities.

**Failure to adhere to these rules and regulations may result in suspension or termination of your Sports Membership.**

## Sport and Well-being Rules & Regulations

### **The Gym (including free weights area and lifting rig)**

1. All new members must undertake an induction before using the gym.
2. All equipment must be used in a safe and sensible manner.
3. Additional weights must not be placed on any of the fixed weight machines.
4. No bags or personal belongings are allowed in the gym. Large lockers are available outside of the changing rooms (£1 deposit required) and smaller lockers for valuable items such as phones, wallets, purses etc., are available inside the gym (no deposit required).
5. All members are required to consider other gym users. For example, users should limit their time spent on one piece of equipment to no more than 20 minutes during busy periods. Groups are also asked not to over-crowd areas of the gym.
6. Please wipe down machines after use.
7. Gym users are required to ensure they are training safely and not endangering themselves or other users. This will be judged at the discretion of facility staff, not the gym user. Safe usage includes (but not exclusively) the following:
  - Ensuring weights are lifted with safe technique at an appropriate load and within an appropriate space.
  - Explosive lifting such as Olympic lifts or their derivatives always being performed within designated lifting areas. Usually these will be limited to one person per area (unless a spotter is required). NB. Spotters are not necessary for Olympic lifts where the bar is likely to be dropped to the floor.
  - Awareness whilst in the area when weights are being lifted and dropped to the floor. Please use appropriate walkways.
  - Performing exercises with correct posture and technique. Weight progression should not compromise form.
  - Making yourself known to the gym instructor should you have any health issues that may affect you whilst training.
8. No weights are to be taken onto either the conditioning area or sprint track.
9. All bars and dumbbells must be returned after use to their correct storage position. It is the responsibility of all free weights users to keep this area safe and tidy. Please put your weights away after you have used them.
10. We recommend all gym users speak to a member of staff prior to using the free weights area for the first time.

**Failure to adhere to these rules and regulations may result in suspension or termination of your Sports Membership.**