

Exercise Smart and Safely

GYM RULES



- Members are advised and expected not to come to (use) the facility if not feeling well.
- Face masks are mandatory- **no mask, no entry.**
- Ideally come to the gym ready in training gear.
- Maintain social distancing, minimum 2 metres at all times.
- Observe and obey social distance markings within the facility.
- Workouts are limited to 45 minutes, users are booked to be in the facility for an hour.
- Minimize time in the changerooms, and maintain social distance.
- Exercising in groups or *spotting* will not be permitted.
- Disinfect/ spray equipment before and after use, focus on touch points.
- Wiping down with paper towel and the provided sanitizers is recommended to using personal sweat towels.
- Due social distancing, some equipment may be placed out of use.
- When uncertain, ask the instructor on duty for assistance.

Rules are subject to change from time to time as informed by new trends and best practice in the trajectory of the pandemic. Currently applicable rules will be posted around the facility.

Exercise caution and take responsibility for your own safety and that of other users sharing the facility.

The Health Suite reserves the right to deny access, suspend or cancel membership when rules are not adhered to or when members conduct is deemed to be undermining general and safety efforts under Covid- 19.