

## CODE OF CONDUCT

We have listened to all our fitness users and developed guidelines for both your safety in our fitness environment, and how we can all enjoy the facilities:

- First things first, the paperwork. Before enjoying our fitness environment for the first time, all users must complete a Health Commitment Statement. Our reception team will be happy to help you complete this quick form, if not already done so.
- Remember to swipe your card at reception, or at the self-service kiosk before entering the gym or a class. It is important for our instructors to know who is in attendance for your safety.
- At busy times our instructors cannot clean every fitness machine or equipment between users. After you've finished that last second or last rep, could you please ensure machines or equipment have been wiped down. Please bring a gym towel to use on machines / in fitness classes.
- Sometimes life just gets in the way and you can't attend your pre-booked fitness class. To allow for someone else to attend the activity, please cancel your class as soon as possible as a common courtesy for all.
- We don't expect anyone to be the next trendsetter, however please ensure you wear appropriate flat footwear and comfortable sports clothing.
- You're more than welcome to bring your bags with you, however we ask these remain stored in our lockers to ensure we have maximum space within our gyms and studios.
- We know how important our mobile phones are for listening to that motivating playlist or quickly responding to the group message. However, please do not chat on the phone while using any fitness equipment - lack of concentration can cause serious accidents.
- Although we love seeing your fitness selfies #ActiveNland, please consider others around you and use our selfie boards.
- Lets reduce our plastic waste together - you bring along your drinks bottle and we'll scrap the plastic cups in our fitness environment.