Please use the equipment in this Gym in a safe and responsible manner at all times and remember these points:

- Please only use equipment if you are fit and healthy.
- Appropriate clothing and footwear for exercise should be worn.
- Do not use any equipment if you are under the influence of drugs or alcohol.
- Do not use the equipment shortly after eating.
- Please follow any instructions that are included with each piece of equipment.
- Weight lifting should be done with a friend or trainer to supervise and assist if necessary.
- Do not interfere with the electrical supply of any equipment.
- Please report faults immediately to building staff – or through the fault reporting system.
- Carry a mobile phone when exercising to call for help in case of difficulty.
- Please consider other users and wipe down equipment after use.
- Please keep equipment well away from mirrored walls to avoid damage.

Use equipment at your own risk and management assumes no responsibility for any injuries that may occur.

We may recover the cost of any damage to the gym or equipment from the individual who causes the damage.