

# Fitness Suite Code of Conduct

- Appropriate athletic clothing and footwear must be worn
- Please ensure footwear is clean before entering
- Please use appropriate language at all times. Bad language will not be tolerated
- Please return all equipment after use
- Please put all cups, paper towels and general litter in the bins provided
- Please wipe down machine after use
- During busy periods please keep use of CV machines to 15 minutes per machine
- During busy periods please do your best to conduct free weight exercises promptly and share benches etc where possible
- For health & safety reasons please use lockers provided and refrain from leaving personal items such as coats and bags around the fitness suite
- Please do not adapt any machines to perform exercises other than the intended manor of use
- Do not interfere with, abuse or misuse any equipment that is located within this area.
- All injuries no matter how trivial must be reported immediately to a member of staff
- Report any damage to equipment and any situations which could have resulted in an accident
- Free weights are not to be performed in the core / stretch area
- Please treat staff and other users with respect at all times

*Thank you for following our code of conduct*  
Wyvern Sport and Fitness Team