



## GYM RULES

- All members and visitors must sign in with every visit to the gym. For members, sign in using the front panel scanning system with your access card. Members who forget their access card must report to reception to sign in.
- All visitors must report to reception and sign in if using the gym services.
- Any member under the age of 16 will only be able to attend the gym during staffed hours or with another member aged 18+. 8.30am – 6.30pm Mon to Fri and 8.30am – 11.30am Sat)
- Members must NOT let a non-member inside the gym outside of our staffed hours. It is considered theft for a non-member to sneak into the gym or be bought into the gym without payment.
- Closed in shoes must be worn in the gym at all times. No work boots, crocs or similar are allowed. Wear joggers or lifting shoes.
- Towels must be used at every visit. Place towel down on all equipment including cardio equipment being used. No sharing of towels allowed. If you forget a towel, they can be hired from reception for \$3.
- Hygiene; Cleaning wipes are provided throughout the gym for all gym stations to be cleaned after each use.
- Wear appropriate training attire. Shirt, Singlet or Crop to be worn at all times.
- Don't drop or bang weights. Dropping weights on the floor can cause injury to yourself or others and can also damage the equipment itself. Always set down as gently as you can.
- Return any weights or equipment after use to where you got them from. Place dumbbells and plates back on the racks in the slots where they belong and always remove your weight from the machines unless the next person specifically asks you to leave them on.
- No bags allowed on the gym floor as they become a tripping hazard. It is advised to not take personal belongings onto the gym floor.
- Sharing on equipment is not compulsory however it is normal practice to share in and be asked by other members to share.
- Children and adolescents must strictly stay in the child-minding room at all times.
- Excessive grunting or loud behaviour will not be tolerated.
- No smoking, vaping or drinking alcohol on Ready24 property.

We ask that you please be respectful and mindful of our gym rules. In the event gym rules are not being followed Ready 24 gym can cancel your membership for inappropriate behaviour.